

## HOPE BY THE SEA MEN'S TREATMENT SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Training on Self-Administration of Medication	Clean Up / Chores
	Clean Up / Chores	Clean Up / Chores	Clean Up / Chores	Clean Up / Chores	Clean Up / Chores	Clean Up / Chores	
9am-10am	Positive Thinking (Eric) Room MID	Positive Thinking (Pete) Room MID	Positive Thinking (Eric) Room MID	The Work (Frank) Room MID	Positive Thinking (Christy) Room MID		
10am - 12pm	Selective Education Group #1 Room UP (Nancy) Family Sculpture Group #2 Room MID (Azi)	Experiential Therapy Group #1 Room UP (Eric) Psychodrama Group #2 Room MID (Frank/Christy)	Selective Education Group #2 Room MID (Nancy) Family Sculpture Group #1 Room UP (Azi)	Experiential Therapy Group #2 Room MID (Eric) Psychodrama Group #1 Room UP (Frank/Christy)	Psychoeducation Group #1 Room UP (Nancy) Psychoeducation Group #2 Room MID (Eric)	Multi-Family Group 9-11am	Nutrition and Meal Preparation
12pm-1pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1pm-3pm	Life's Healing Choices C Room C (Pete) Relapse Prevention T/A Room MID (Shannon)	Boundaries C Room C (Pete) Relapse Prevention T/A Room MID (Shannon)	Life's Healing Choices C Room C (Pete) Relapse Prevention T/A Room MID (Shannon)	Boundaries C Room C (Pete) The Disease T/A Room MID (Nancy)	The First Year of Recovery Education and Role Play (Shannon) Room MID	Life Skills 1:00pm - 3:30pm	Training on Self-Administration of Medication
3pm-4pm	Physical Activity (Crossfit) Writing Group (Christy)	Physical Activity (Crossfit) Writing Group (Pete)	Physical Activity (Crossfit) Writing Group (Nancy)	Physical Activity (Crossfit) Writing Group (Pete)	Coping Skills (Azi) Room MID		
4pm-5pm	Writing/Meditation A (Frank) Life in Recovery C/T (Pete) Room UP	Writing/Meditation A (Frank) Living Sober C/T (Gloria) Room UP	Writing/Meditation A (Frank) Life in Recovery C/T (Pete) Room UP	Evening Reflections (Gloria) Room MID	It's a Wrap (Gloria) Room UP	Development of Community Living Skills Meeting (Time to be determined)	Development of Community Living Skills Meeting (Time to be determined)
5pm-6pm	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
10:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		Lights Out