

HOPE BY THE SEA WOMEN'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	
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)		
12-1pm	Cognitive Shift Room UP (Eric)	Cognitive Shift Room UP (Tom)	Cognitive Shift Room UP (Eric)	Cognitive Shift Room UP (Tom)	Cognitive Shift Room UP (Christy)	Multi-Family Group 11-12:30pm	Nutrition and Meal Preparation
1pm-2pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2pm-4pm	Life's Healing Choices C Room B (Gloria) Relapse Prevention T/A Room A (Tom)	Boundaries C Room B (Gloria) The Disease T /A Room A (Tom)	Life's Healing Choices C Room B (Gloria) Relapse Prevention T/A Room A (Tom)	Boundaries C Room B (Gloria) The Disease T/A Room A (Tom)	The First Year of Recovery Education and Role Play (Christy) Room UP	Life Skills	Training on Self-Administration of Medication
4pm-5pm	Physical Activity (Video with Shannon) Room MID <i>(those no participating must remain in room and complete writing assignment)</i>	Coping Skills (Azi) Room MID	Physical Activity (Video with Shannon) Room MID <i>(those no participating must remain in room and complete writing assignment)</i>	Coping Skills (Azi) Room MID	Physical Activity (Video with Shannon) Room MID <i>(those no participating must remain in room and complete writing assignment)</i>		
5pm-6pm	Writing/Meditation A (Frank) Room B Life in Recovery C/T (Tom) Room MID	Writing/Meditation A (Frank) Room B Living Sober C/T (Gloria) Room MID	Writing/Meditation A (Frank) Room B Life in Recovery C/T (Tom) Room MID	Evening Reflections (Gloria) Room MID	It's a Wrap (Gloria) Room MID	Development of Community Living Skills Meeting (Time to be determined)	Development of Community Living Skills Meeting (Time to be determined)
6pm-7pm	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
10:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out