

# HOPE BY THE SEA WOMEN'S TREATMENT SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 6:45	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	Training on Self-Administration of Medication
7am-7:30am	Meal Planning & Preparation	Meal Planning & Preparation	Meal Planning & Preparation	Meal Planning & Preparation	Meal Planning & Preparation	Meal Planning & Preparation	Meal Planning & Preparation
8-8:45pm	<b>Guided Imagery</b> Group #1 Room C (Richelle) <b>Open Topic Process</b> Group #2 Room B (Tiffany)	<b>Relapse Prevention</b> Group #1 Room B (Matt) <b>Healthy Relationships</b> Group #2 Room C (Richelle)	<b>Guided Imagery</b> Group #2 Room C (Richelle) <b>Open Topic Process</b> Group #1 Room B (Amanda)	<b>Relapse Prevention</b> Group #2 Room B (Matt) <b>Healthy Relationships</b> Group #1 Room C (Richelle)	<b>Psycho Education</b> Group #2 Room C (Amanda) <b>Boundaries</b> Group #1 Room B (Tiffany)		
9-9:45a	<b>Physiological Effects</b> Group #1 Room C (Richelle) <b>Family Systems</b> Group #2 Room B (Azi)	<b>The Stages of Grief</b> Group #1 Room C (Azi) <b>Family Sculpture</b> Group #2 Room B (Tiffany)	<b>Physiological Effects</b> Group #2 Room C (Richelle) <b>Family Systems</b> Group #1 Room B (Azi)	<b>The Stages of Grief</b> Group #2 Room C (Azi) <b>Family Sculpture</b> Group #1 Room B (Tiffany)	<b>Psycho Education</b> Group #1 Room C (Azi) <b>Boundaries</b> Group #2 Room B (Tiffany)	Visitation or Group Outing	Visitation or Group Outing
10-10:45a	<b>Anger Management</b> Group 1 Room C (Tiffany) <b>Art Therapy</b> Group 2 Room B (Amanda)	<b>Guided Imagery</b> Group 1 Room C (Tiffany) <b>Process Group</b> Group 2 Room B (Matt)	<b>Anger Management</b> Group 2 Room C (Tiffany) <b>Music Therapy</b> Group 1 Room B (Amanda)	<b>Guided Imagery</b> Group 2 Room A (Tiffany) <b>Process Group</b> Group 1 Room B (Matt)	<b>End of Week Process</b> Group 1 Room B (Azi) <b>End of Week Process</b> Group 2 Room C (Richelle)		
11-11:45p	<b>New Life Has Begun C</b> Room A (Ryan Kelly) <b>12x12 T</b> Room C (Matt) <b>The Work A</b> Room B (Frank)	<b>CH Boundaries C</b> Room A (Ryan Kelly) <b>Step Study T</b> Room C (Matt) <b>The Work A</b> Room B (Frank)	<b>CH Bible Study C</b> Room A (Ryan Kelly) <b>Boundaries T</b> Room C (Richelle) <b>The Work A</b> Room B (Frank)	<b>CH Boundaries C</b> Room A (Ryan Kelly) <b>The Disease T</b> Room B (Matt) <b>The Work A</b> Room B (Frank)	<b>Core Group</b> Clients meet with Case Manager		
12-12:45p	Lunch	Lunch	Lunch	Lunch	Lunch	Visitation or Group Outing	Visitation or Group Outing
1-1:45ppm	<b>Psycho Drama</b> Group #1 Room B (Amanda, Frank) <b>Self-Esteem</b> Group #2 Room C (Azi)	<b>The Work</b> Group #1 Room B (Frank) <b>Coping Skills</b> Group #2 Room C (Matt)	<b>Psycho Drama</b> Group #2 Room B (Frank, Amanda) <b>Self-Esteem</b> Group #1 Room C (Azi)	<b>The Work</b> Group #1 Room C (Frank) <b>Trauma Work</b> Group #2 Room B (Azi)	<b>Daily Devotional C</b> Pastor Dale Room A <b>Daily Reflection T</b> Room B (Guido) <b>Gratitude Work A</b> Room C (Matt)		
2-2:45p		<b>The Work</b> Group #2 Room B (Frank) <b>Trauma Work</b> Group #1 Room C (Azi)		<b>The Work</b> Group #1 Room C (Frank) <b>Trauma Work</b> Group #2 Room B (Azi)	<b>Client Outing</b> (Amanda, Richelle, Tiffany)	Meal Planning & Preparation	Development of Community Living Skills Meeting
3-3:45pm	<b>Daily Devotional C</b> Pastor Dale Room A <b>Daily Reflection T</b> Room B (Matt) <b>Gratitude Work A</b> Room C (Frank)	<b>Daily Devotional C</b> Pastor Dale Room A <b>Daily Reflection T</b> Room B (Matt) <b>Gratitude Work A</b> Room C (Frank)	<b>Daily Devotional C</b> Pastor Dale Room A <b>Daily Reflection T</b> Room B (Matt) <b>Gratitude Work A</b> Room C (Frank)	<b>Daily Devotional C</b> Pastor Dale Room A <b>Daily Reflection T</b> Room B (Matt) <b>Gratitude Work A</b> Room C (Frank)			
4-4:30p	Homework/Writing	Physical Activity	Homework/Writing	Physical Activity	Homework/Writing	Dinner	Dinner
5p-6:30p	Dinner	Dinner	Dinner	Dinner	Dinner	Outside Meeting	
7p-8:30p	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Training on Self-Administration of Medication	Training on Self-Administration of Medication
8:30-9:30	Relaxation/Chores/Training Self-Administering Medications	Relaxation/Chores/Training Self-Administering Medications	Relaxation/Chores/Training Self-Administering Medications	Relaxation/Chores/Training Self-Administering Medications	Relaxation/Chores/Training Self-Administering Medications	Clean Up / Chores	Clean Up / Chores
9:30-10pm	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Relaxation/ Bed Time	Relaxation/ Bed Time