

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/Joann)	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/Joann)	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 (Joann)	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 Group #2 Room A (Tom)	Boundaries C Group #1 Room B (Gloria) The Disease T Group #2 Room A (Tom)	Life's Healing Choices C Room B (Gloria) Relapse Prevention T Group #2 Room A (Tom)	Boundaries C Group #2 Room B (Gloria) The Disease T Group #1 Room A (Tom)	The First Year of Recovery Education and Role Play (Joann) Room MID	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 with Gloria)</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 with Gloria)</i>	Coping Skills Female Room UP (Azi)	Physical Activity (Video with Shannon) Room MID <i>(those no participating must remain in room and complete writing assignment with Gloria)</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	Living Sober Female Room UP (Gloria)	Wrap Up Female Room UP (Al)	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