



Schedule Subject To Change

The Phases of Treatment and Recovery
 1. Coming In 2. Looking In 3. Looking Out

THE SEVEN COMPONENTS OF TREATMENT & RECOVERY

1. Abstinence
2. Peer Support
3. Professional Guidance
4. Nutrition
5. Exercise
6. Rituals
7. Medication

Sunday - Thursday Morning Schedule	
6:45AM	Rise & Shine: Dress for the Beach
7:15	Energize with your Smoothie & HALT
7:25	Brisk Walk to the Beach for Sun Salutation Or Stretching/Yoga Awaken for the Day
7:45	Brisk Walk to Residence
7:55	Morning Grooming & Room Pick-up
8:15AM	Breakfast, Clean-Up, & HALT Room Inspection
8:45AM	MORNING ASSEMBLY Staff Announcements Household Items and Concerns AM Reflection
9AM	Walk to TDOB Center
9:15	Arrive at TDOB Center <i>Prepare For Therapy Group</i>

Nightly Schedule	
10PM	Quiet Time In Your Room <i>Personal Productivity-Journaling, or NA/AA reading</i>
10:30PM	Lights Out!

Saturday	
8AM	Rise & Shine: Get Dressed for the Beach
8:05	Energize with Smoothie & HALT
8:15	Brisk Walk to the Beach for Sun Salutation Get Body Moving, Stretch, & Awaken For Day
8:30	Brisk Walk to the Residence
8:35	Morning Grooming
9:00	Breakfast, Clean Up, & HALT
10-12PM	Process Group with Therapist
12-1PM	Lunch, Clean-Up and HALT
1-3PM	Process Group with Therapist
3-3:15	Get Ready for Gym
3:15PM	Travel to Gym
3:30-5PM	Gym Time with Case Manager
5PM	Dinner, Clean-Up, & HALT
6:30PM	Travel to AA Meeting
7PM	AA Meeting
8PM	Travel to the Residence
9-10PM	Personal Productivity:Room Cleaning/Journaling/Assignments

Sunday	
7:00AM	Rise & Shine: Get Dressed for the Beach
7:05	Energize with your Smoothie & HALT
7:10	Brisk Walk to Beach for Sun Salutation Get Body Moving, Stretch, & Awaken For Day
7:25	Brisk Walk to the Residence Morning Grooming
7:50	Breakfast, Clean-Up, & HALT
8:30AM	Travel to AA Meeting
9:30AM	AA Meeting
10:45AM	Travel To Residence
12 Noon	Lunch, Clean-Up, & HALT
1-2PM	S.P.I.E.S.
2-3PM	Food Group
4-5PM	Prepare Homework Assignments for Tuesday HW Group
5-6PM	Dinner, Clean-Up, & HALT
7PM	Recovery or Postive Based Movie Night
9:30PM	Discussion about Recovery or Positive Based Movie Night
10PM	Quiet Time in Your Room

Monday- Friday Daytime Schedule

Monday

10-11AM	Turning Point Meeting
12-1PM	Lunch, Clean-up, & HALT
1-3PM	Process Group with Therapist
3:15PM	Travel to Gym
3:30-5:00PM	Gym Time With Case Manager
5:00-6:00PM	Dinner, Clean-Up, & HALT
6:00-8:15	Personal Productivity: Room Cleaning/Journaling
8:30PM	Recovery Reading In The Common Area
9-10PM	Finalize Homework for Homework Group

Tuesday

10AM-12PM	Homework Group with Therapist
12 Noon	Lunch, Clean-Up, & HALT Walk to TDOB Center
1-3PM	Process Group with Therapist
3:30-4:30PM	Necessity Shopping at a Local Store
5-6PM	Dinner, Clean-Up, & HALT
6:15PM	Travel to the NA Meeting
7:30PM	NA Meeting
8:30PM	Travel to Residence
9:30-10PM	Personal Productivity: Room Cleaning/Journaling

Wednesday

10-12PM	Process Group with Therapist
12 Noon	Lunch, Clean-Up, & HALT
1PM-3PM	Art Group
3:15PM-4:15PM	Yoga
4:30-5:40PM	Dinner, Clean-Up, & HALT
6PM	Leave for AA Meeting
7-8PM	AA Meeting

Thursday

10AM-12PM	Gender Group
12 Noon	Lunch, Clean-up, & HALT
12:45-12:55PM	Prepare for Gym Time, Walk to TDOB Center
1-3PM	Process Group with Therapists
3:15PM	Travel to the Gym
3:30-5PM	Gym Time with Case Manager
5-6PM	Dinner, Clean-Up & HALT
7:30-9:15	Board Game/Game Night

Friday

7:30AM	Rise & Shine: Dress for the Beach
7:35	Energize with your Smoothie & HALT
7:45	Brisk Walk to the Beach for Sun Salutation Get Body Moving, Stretch, & Awaken For Day
8:05	Brisk Walk to the Residence
8:10	Morning Grooming
8:30	Breakfast, Clean-Up & HALT Room Inspection Morning Assembly, Staff Announcements Household Items and Concerns AM Reflection
9-10AM	Phase II Group At The Office
9:30-11AM	Group Beach Time, Outdoor Game(s), Bike Ride
11AM-12PM	Breakfast, Clean-Up & HALT
12:30-2:30PM	Activity: Wild Horse Adventure Tour!!!!
5-6PM	Dinner, Clean-Up & HALT
6:00PM	Travel to AA Meeting
7PM	AA Meeting
8:15PM	Travel to the Residence
8:30-10PM	Personal Productivity:Room Cleaning/Journaling/Assignments

*If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity. We will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly.
They will **always** materialize if we work for them.*

from pages 83-84 of the Big Book

Quote of the Week!

"Every accomplishment starts with a decision to try."

~Unknown

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