

Alcoholism Center For Women Residential Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6am Wake Up // 6:30am Count	6am Wake Up // 6:30am Count	6am Wake Up // 6:30am Count	6am Wake Up // 6:30am Count	6am Wake Up // 6:30am Count	6am Wake Up // 6:30am Count	7:00am Wake up // 7:30am Count
8am Breakfast // Meds	7:30 am Breakfast // Meds	8am Breakfast // Meds	7:30 am Breakfast // Meds	8am Breakfast // Meds	7:30 am Breakfast // Meds	8am Breakfast // Meds
8:00am Chores	8:00am Chores	8:30am -10:00am Double Scrub	8:00am Chores	8:30am Chores	8:00am -9:45am Double Scrub	8:30am Chores
9:30am 12 Step Group led by Residents/ Zoomba	8am -10am Cell Phones for Business/ Health/ Etc. Calls	8:30am -10:00am Double Scrub	8am -10am Cell Phones for Business/ Health/ Etc. Calls	9am -10am Parenting	10:00am -10:30am Client Handbook	9:15am -10:45am Confidence Building
10:15am -11:45am Nutrition Group	10:15am -11:45am Music Therapy	10:15am -11:45am Relapse Prevention	10:15am -11:45am CBT for Women in Recovery	10:15am -11:45am Grief and Loss	10:45am -12 noon Living Skills	10:45am Zoom Church Services/ Religious Worship/ Free Time
12pm Lunch// Meds	12pm Lunch// Meds	12pm Lunch// Meds	12pm Lunch// Meds	12pm Lunch// Meds	12:15pm Lunch// Meds	12:15pm Lunch // Meds 1pm-5pm Cell Phones
1pm -2pm Parenting // Snack	1:15pm -2:45pm Mental Health & Addiction // Snack	1:15pm -2:45pm MRT // Snack	1:15pm -2:45pm Yoga/ Mama's Group // Snack	1:15pm -2:45pm Addiction, Trauma & DV // Snack	1:30pm -3:30pm Car Wash /Free Time- Quarantine Outside first by themselves // Snack	1:15pm-4pm Family Visiting/ Free Time - Quaranting Outside first by themselves // Snack
2:15pm -3:45pm Seeking Safety	3:00pm-5:00pm NA Meeting	3pm -4:30pm Trauma Support Group -only 12 residents	3pm -4:30pm Family Therapy Education Group	3pm-4pm HIV/ Health & Self Care	4pm - 5pm Resident Council	4pm Big Book Study
5pm Dinner// Meds	5pm Dinner// Meds	5pm Dinner// Meds	5pm Dinner// Meds	5pm Dinner// Meds	5pm Dinner// Meds	5pm Dinner// Meds
6:30pm-8pm Living Skills	6:30pm-8pm Breaking Negative Thinking	6:15pm-7:45pm Anger Management	6:30pm-8pm Healthy Relationships	6:15pm-7:45pm Culture & Addiction	6:30pm-8pm Women's Health	6:30pm-7:45pm Art Therapy
8:00pm Snack// Meds// Free Time	8:00pm Snack// Meds// Free Time	7:45pm Snack// Meds// Free Time	8:00pm Snack// Meds// Free Time	7:45pm Snack// Meds// Free Time	8:pm Snack// Meds//Free Time // Games //Movies	7:45pm Snack// Meds// Free Time// Movies