Refine Recovery

Weekly Clinical Schedule

Once weekly

- Hypnotherapy
- Muay thai
- Personal trainer
- Sound bath
- Kundalini yoga
- Breathwork
- Case managment session
- 1-2 individual therapy sessions
- Anger management group
- Experiential outing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Groups	Groups	Groups	Groups	Groups	Groups	Groups
Wake Up Call 7:30-8:00 AM	Wake Up Call 7:30-8:00 AM	Wake Up Call 7:30-8:00 AM	Wake Up Call 7:30-8:00 AM	Wake Up Call 7:30-8:00 AM	Wake Up Call 7:30-8:00 AM	Wake Up Call 7:30-8:00 AM
AM Meal Time 8:00-9:00 AM	AM Meal Time 8:00-9:00 AM	AM Meal Time 8:00-9:00 AM	AM Meal Time 8:00-8:30 AM	AM Meal Time 8:00-8:30 AM	AM Meal Time 8:00-8:30 AM	AM Meal Time 8:00-8:30 AM
Community Meeting and Daily Intentions 9:00-10:00 AM	Daily Intentions and Mindfulness 9:00-10:00 AM	Daily Intentions and Mindfulness 9:00-10:00 AM	Daily Intentions and Mindfulness 9:00-10:00 AM	Daily Intentions and Mindfulness 9:00-10:00 AM	Daily Intentions and Mindfulness 9:00-10:00 AM	Daily Intentions and Mindfulness 9:00-10:00 AM
Break 10:00-11:00 AM	Break 10:00-11:00 AM	Break 10:00-11:00 AM	Break 10:00-11:00 AM	Break 10:00-11:00 AM	Break 10:00-11:00 AM	Break 10:00-11:00 AM
Process Group 11:00 AM-12:30 PM	CBT 11:00 AM-12:30 PM	Substance Abuse Psychoeducation 11:00 AM-12:30 PM	Relapse Prevention 11:00 AM-12:30 PM	Health and Wellness 11:00 AM-12:30 PM	Anger Management 11:00 AM-12:30 PM	Health and Wellness 11:00 AM-12:30 PM
Afternoon Meal Time 12:30-1:30 PM	Afternoon Meal Time 12:30-1:30 PM	Afternoon Meal Time 12:30-1:30 PM	Afternoon Meal Time 12:30-1:30 PM	Afternoon Meal Time 12:30-1:30 PM	Afternoon Meal Time 12:30-1:30 PM	Afternoon Meal Time 12:30-1:30 PM
Health and Wellness 1:00-3:00 PM	Healthy Relationships and Family Dynamics 1:30-3:00 PM	Health and Wellness 1:30-3:00 PM	DBT - Mindfulness 1:30-3:00 PM	DBT - Interpersonal Effectiveness 1:30-3:00 PM	Adaptive Coping Skills 1:30-3:00 PM	DBT - Mindfulness 1:30-3:00 PM
Break 3:00-3:30 PM	Break 3:00-3:30 PM	Break 3:00-3:30 PM	Break 3:00-3:30 PM	Break 3:00-3:30 PM	Life Skills Development - Outing 1:30-5:00 PM	Break 3:00-3:30 PM
DBT - Emotion Regulation 3:30-5:00 PM	DBT - Distress Tolerance 3:30-5:00 PM	Trauma 3:30-5:00 PM	Anger Management 3:30-5:00 PM	Somatic Regulation 3:30-5:00 PM	Relapse Prevention Planning 3:30-5:00 PM	Substance Abuse Psychoeducation 3:30-5:00 PM
PM Meal Time 5:00-6:00 PM	PM Meal Time 5:00-6:00 PM	PM Meal Time 5:00-6:00 PM	PM Meal Time 5:00-6:00 PM	PM Meal Time 5:00-6:00 PM	PM Meal Time 5:00-6:00 PM	PM Meal Time 5:00-6:00 PM
Break 6:00-7:30 PM	Break 6:00-7:30 PM	Break 6:00-7:30 PM	Break 6:00-7:30 PM	Break 6:00-7:30 PM	Break 6:00-7:00 PM	Break 6:00-7:00 PM
Community Building in Recovery 7:30-9:00 PM	Community Building in Recovery - AA Meeting 7:30-9:00 PM	Community Building in Recovery - AA Meeting 7:30-9:00 PM	Community Building in Recovery - AA Meeting 7:30-9:00 PM	Community Building in Recovery - AA Meeting 7:30-9:00 PM	Community Building in Recovery - AA Meeting 7:00-9:00 PM	Community Building in Recovery - AA Meeting 7:00-9:00 PM
Break 9:00-10:00 PM	Break 9:00-10:00 PM	Break 9:00-10:00 PM	Break 9:00-10:00 PM	Break 9:00-10:00 PM	Break 9:00-10:00 PM	Break 9:00-10:00 PM
Lights to shut off 10:00-11:00 PM	Lights to shut off 10:00-11:00 PM	Lights to shut off 10:00-11:00 PM	Lights to shut off 10:00-11:00 PM	Lights to shut off 10:00-11:00 PM	Lights to shut off 10:00-11:00 PM	Lights to shut off 10:00-11:00 PM