Women's Unit Treatment Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am - 7:00 am	Meds & Vitals	Meds & Vitals	Meds & Vitals	Meds & Vitals	Meds & Vitals	Meds & Vitals	Meds & Vitals
7:30 am – 8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 am - 9:00 am	Feelings &Goals	Feelings &Goals	Feelings &Goals	Feelings &Goals	Feelings &Goals	Feelings &Goals	Feelings &Goals
9:30 am – 10:15am	Group w/ Tricianne or Mike H.	RP Group BHT	Aftercare Group - Kedie	ERS Group BHT	Group w/ Melisa	Yoga or Coping Skills - BHT	Communication Skills Group - BHT
10:30 am - 12:00 pm	MET Phase Group	Small Group	Skills Phase Group	Small Group	RP Phase Group	**11:00 am** H&I NA Meeting	In house speaker meeting
12:00 - 12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:45 – 1:30 pm	Meds	Meds	Meds	Meds	Meds	Meds	Meds
1:30 pm 2:15 pm	Mindfulness –Caleb	Anger Management –Bob D	Jocelyn – OD Ed or resources	Group - Linda	Art Therapy - BHT	Super Clean	Visitation until 3pm
2:30 – 3:15 pm	COD Group – Melisa	Group - Melisa	COD Group - Ruth	Group – Melisa	TV/Movie		
3:15 pm	Free time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 pm	Check- in	Check-in	Check-in	Check-in	Check-in	Check-in	Check-in
5:00 pm – 5:30 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:45 pm	Meds	Meds	Meds	Meds	Meds	Meds	Meds
6:30 pm – 7:00 pm	Yoga Until 7:20	Hello/Good-byes	Hello/Good-byes	Level Group	Orientation Group	Alumni Meeting	Hello/Good-byes
7:30 pm – 8:30 pm	CA Meeting	AA Meeting	AA Meeting	7:00 – 8:00 NA Meeting	Stories	Early Recovery Skills	Nursing Group OR Pamphlet Meeting
8:30 pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
9:00 pm – 9:30pm	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up
9:30 pm	Meds	Meds	Meds	Meds	Meds	Meds	Meds
10:45 pm	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time	Bed Time