

NEW DAWN TREATMENT CENTERS

30 DAY RESIDENTIAL SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
6:30AM	Group Room Unlocked for Individual or Group Exercise, Yoga, Meditation						
7:00-9:00AM	Breakfast, Make Beds, Clean-Up						
9:00-10:00AM	Yoga	Mindfulness and the 12 Steps Patrick 9:00-10:45am	Neurobiology of Addiction - Phillip	Mindfulness and the 12 Steps Patrick 9:00-10:45am	Yoga	Nurfition and Recovery - Brooke 9:00-10:45	Living in Balance Chuck 9:00-10:30
10:15-12:00PM	Group Therapy Debra	Identity Development in Recovery Brittany 11:00-12:00pm	Group Therapy Paul	Identity Development in Recovery Brittany 11:00-12:00pm	Cultural Concepts in Recovery Shirley 1st, 3rd Living in Balance Pete R. 2nd, 4th	Community Meeting & Client Feedback Chuck 11:00-12:00	Double Scrub 10:30-12:00
12:00-1:00PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-3:00PM	Developmental tasks in Recovery Paul 2nd & 4th, Equine Assisted Therapy 1st, 3rd, 5th	Women's Group, Men's Group	Homework & 1:1 1:00-2:00 Integrated Health Practices Tai Chi 1st & 3rd 2:00-3:00 Acupuncture 2nd & 4th 1:00-3:00	Living in Balance Pete R. 1st, Discover & Recover Heather 2nd & 4th, SAC 3rd	Group Therapy Debra	Homework & Journaling	Family Visitation 1:00-4:30pm
3:30-5:00PM	GYM	GYM	GYM	GYM	GYM	GYM	
5:00-6:00PM	Dinner/Clean-Up	Dinner/Clean-Up	Dinner/Clean-Up	Dinner/Clean-Up	Dinner/Clean-Up	Dinner/Clean-Up	Dinner/Clean-Up
6:45-9:00PM	Outside Recovery Meeting	Multi-Family Group 6:15-9:00	Outside AA Meeting	TBD	In House Speaker 7:00-8:00PM	Fellowship Group Pete R. 7:00PM	Outside Recovery Meeting
9:00PM	Medication	Medication	Medication	Medication	Medication	Medication	Medication
9:00-11:00PM	Leisure, TV, Personal Time						
11:00PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

**All Groups are subject to change without notice.
Going to the gym is a privilege and can be cancelled without notice.
Detox clients may attend all groups except Group Therapy, Men's and Women's Group, the Gym, Outside meetings & Family Visitation**