

## HEALING HOUSE WEEKDAY ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30 am	Morning Meditations	Morning Meditations	Morning Meditations	Morning Meditations	Morning Meditations
8:30-9:30 am	Recovery Group	Life Skills	Life Skills	Recovery Group	Life Skills
9:30-10:30 am	Goal Setting	Life Skills	Goal Setting	Vision Boards	Relapse Prevention
10:30-11:30 am	Employment Readiness (PC lab open 8-4)	Relapse Prevention	Goal Setting	Goal Setting	Employment Readiness (PC lab open 8-4)
11:30 am-12:00 pm	Goal Setting	Recovery Group	Goal Setting	Vision Boards	Recovery Group
12:00 - 12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:30-2:30 pm	Improv	Bible Study	Recovery Meeting	Poetry	Recovery Bingo
2:30-3:30 pm	Improv	Fitness Center	Movie	Fitness Center	Group Choice
3:30-4:30 pm	Exercise/Activities	Fitness Center	Exercise/Activities	Fitness Center	Group Choice
4:30 - 5:00 pm	Study Hall	Study Hall	Study Hall	Study Hall	Study Hall
5:00 - 6:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 - 7:00 pm	Recovery Meeting Domestic Violence 6:00-8:30	Mandatory Men's/Women's Meeting	Group Therapy 6:00 - 7:30	Group Therapy 6:00 - 7:30  Parenting Class 6:00-7:30	Alpha Groups 5:30-7:30
7:00-8:00 pm	Domestic Violence		Group Therapy 7:30-9:00	Group Therapy 7:30-9:00	
8:00 - 9:00 pm	Return to House	Return to House			Friday Night Celebration
9:00 - 10:00 pm			Return to House	Return to House	Return to House

*Note: All new recovery home residents are on restriction for the first 30 days. Individual counseling and peer mentoring, and job coaching sessions are scheduled throughout the week, including evenings and weekends.*