

THE RETREAT RESIDENT SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00	AA MEETING	AA MEETING	AA MEETING	AA MEETING	AA MEETING	AA MEETING	AA MEETING
8:00-8:30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
8:30-9:00	GOALS GROUP	GOALS GROUP	GOALS GROUP	GOALS GROUP/ ROUNDS	GOALS GROUP/ ROUNDS	GOALS GROUP	GOALS GROUP
9:00-10:00	MOVEMENT AND MEDITATION	GENTLE YOGA	ACTIVE LIFESTYLES	WEEKEND PLANNING/ EXPERIENTIAL THERAPY	SELF MASSAGE AND LISTENING HANDS	ATTENDING GROUP	ATTENDING GROUP
10:00-11:00	PSYCHODYNAMICS	DBT	ART THERAPY	PSYCHODYNAMICS	DBT		
11:00-12:00	INDIVIDUAL SESSIONS	MOVEMENT WITH FEELINGS	PET THERAPY 11:30 (EVERY OTHER WEEK)	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	RECREATIONAL THERAPY	ART THERAPY
12:00-12:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30-1:30	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS		
1:30-2:30	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS		
2:30-3:30	PSYCHOTHERAPEUTIC THEMES	PSYCHODYNAMIC DIALOGUES	EMOTIONS IN MOTION	BIOMEDICAL PSYCHOEDUCATION	ART TECHNIQUES CLASS	WEEKEND OUTTING	WEEKEND OUTTING
3:30-4:30	WRITING GROUP	EXPERIENTIAL THERAPY	FAMILY ISSUES	ROCK CLIMBING	MERRITT ATHLETIC		
4:30-5:30	STRESS MANAGEMENT	MERRITT ATHLETIC 4:45 PM - 6:00 PM	ADDICTIONS GROUP	3:30-5:30	5:45 PM - 7:00PM		
6:00-6:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6:30-7:00	WRAP UP	WRAP UP	WRAP UP	WRAP UP	WRAP UP	WRAP UP	WRAP UP
7:00-8:00	AA MEETING	AA MEETING	ALCOHOL EDUCATION LECTURE SERIES	WELLNESS EDUCATION	AA MEETING		
8:00-9:00							