

**TRANSITIONS RECOVERY PROGRAM
DAILY ACTIVITY SHEET**

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:15a	MEDICATION	MEDICATION	MEDICATION	MEDICATION	MEDICATION		
9:15 – 9:30	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION		
9:30-10:50a	Dr. Greene Feelings Group Orientation Group (2 wks and under)	Gender Group Feelings Group	Psych-Drama Feelings Group Young People Group	Gender Group	Dr. Greene 1 Feelings Group 2 Feelings Group	9:30-11:00 AM Family Group Lecture-Feelings At Apartments	Late Wake-Up 9:30 AM Community Group Check-in
10:50 - 11:00a	BREAK	BREAK	BREAK	BREAK	BREAK	12p-4p	10a-12p
11:00-12:00p	Dr. Greene 1 Feelings Group 2 Feelings Group	Relapse Prevention	Feelings Group Psycho-Drama Dual Diagnosis	Goodbye Group	Feelings Group Dr. Greens Food Group		Church per Pt request
12:00-1:00p	LUNCH	LUNCH (at apts)	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Outside AA/NA Meeting	Caseload at the Apartments	OUTING	Outside AA/NA Meeting	Shopping	Passes	Level 1 & 2 Passes Check-In Group
2:30-3:30p	Community Meeting	2:00 – 2:50 Caseload Lifestory Group at the Apartments 3:00-4:00p	OUTING	Caseload	Lifeskills	L1 L2-Pass	2:00 Group at the Apartments
4:00-5:30p	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6:30-8:00p	Lifestory Relapse Prevention	Family Groups Lecture	Female Male Gender Group	Relapse Prevention	Peer and Pass Review (ALL) Speaker Meeting Feelings Group		
8:30-9:30p	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	8:30-9:30pm 12-Step Mtg.	8:30-9:30pm 12-Step Mtg.
10:00-11:00p	MEDICATION	MEDICATION	MEDICATION	MEDICATION	MEDICATION	MEDICATION	MEDICATION

CURFEWS: MONDAY-THURSDAY 11PM