

Florida Springs Wellness and Recovery Center Residential schedule Phase 2-Week 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am – 7:00am	Wake up Med Call	Wake up Med Call	Wake up Med Call	Wake up Med Call	Wake up Med Call	Wake up Med Call	Wake up Med Call
7:00am-8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00am-8:45am	Morning Meditation/ Yoga	Morning Meditation/ Yoga	Morning Meditation/ Yoga	Morning Meditation/ Yoga	Morning Meditation/ Yoga	Morning Meditation/ Yoga	Morning Meditation/ Yoga
9:00am-10:00am	Anger and Communication	Relapse Prevention Basics	Effects of Substance Use on Mental Health?	What are Co- occurring Disorders?	Phases of Dual Recovery	Family Recovery Program 9:00am-2:00pm	In house Spirituality Group or Most Excellent Way
10:00am-10:15am	Break	Break	Break	Break	Break		Break
10:15am-11:15am	Anger and Communication	Relapse Prevention Basics	Effects of Substance Use on Mental Health?	What are Co- occurring Disorders?	Phases of Dual Recovery		In House Spirituality Group or Most Excellent Way 10:30am-11:30am
11:15am-12:00pm	Lunch	Lunch Med call	Lunch Med call	Lunch Med call	Lunch Med call		Lunch Med call
12:30pm-1:15pm	Homework/ Med call	Homework/ Med call	Homework/ Med call	Homework/ Med call	Homework/ Med call		Homework/ Med call
1:15pm-2:45pm	Process Group	Process Group	Process Group	Process Group	Process Group		Al-Anon Meeting or Recovery movie
3:00pm-5:00pm	Yoga/Exercise or Trauma Informed Care group	Yoga/ Exercise	Yoga/ Exercise	Yoga/ Exercise	Yoga/ Exercise	Therapeutic Recreational Activities 3:00pm-4:45pm	Therapeutic Recreational Activities 3:00pm-4:45pm
5:00pm-6:00pm	Dinner Med call	Dinner Med Call	Dinner Med Call	Dinner Med Call	Dinner Med Call	Dinner Med Call	Dinner Med Call
6:00pm-7:00pm	Community meeting	Family Session	Community meeting	Family session	Community meeting	Community Meeting	Community meeting
7:00pm-8:00pm	12 step meeting	12 step meeting	12 step meeting	12 step meeting	12 step meeting	12 step meeting	12 step meeting
8:15pm-8:45pm	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation	Evening Meditation
9:00pm-10:00pm	Free time	Free time	Free time	Free time	Free time	Free time	Free time
10:00pm-10:30pm	Med Call Lights out	Med Call Lights out	Med Call Lights out	Med Call Lights out	Med Call Lights out	Med Call Lights Out	Med Call Lights out