

Sunrise Centre Daily Schedule

Monday, Wednesday		Tuesday, Thursday, Friday	
6:30 – 7:40	Rise and Shine (Breakfast)	6:30 – 7:40	Rise and Shine (Breakfast)
7:40 – 8:30	Morning Meditation	7:40 – 8:30	Morning Meditation
8:30 – 10:00	Mixed Group	8:30 – 10:00	Gender Specific Group (Friday Life Skills)
10:00 – 10:30	Break	10:00 – 10:30	Break
10:30 – 12:00	Mixed Didactic	10:30 – 12:00	Gender Specific Group
12:00 – 12:30	Women Lunch	12:00 – 12:30	Lunch
12:30 – 1:00	Women Return Home (Men Lunch)	12:30- 1:30	Break
1:00 – 1:30	Break	1:30 – 3:00	Gender Specific Group
1:30 – 3:00	Gender Specific Group	3:00 – 5:00	IS , Recreation, Exercise
3:00 – 5:00	IS , Recreation, Exercise	5:00 – 6:00	Dinner
5:00 – 6:00	Dinner	6:00 – 6:30	Free Time
6:00 – 6:30	Free Time	6:30 – 7:30	Step Study
6:30 – 7:30	Step Study	7:30 – 8:00	Break
7:30 – 8:00	Break	8:00 – 9:30	AA/NA Meeting
8:00 – 9:30	AA/NA Meeting	9:30 – 10:00	Break/ MI's
9:30 – 10:00	Break/ MI's	10:00 – 10:30	Relaxation
10:00 – 10:30	Relaxation	10:30 – 11:00	Break
10:30 – 11:00	Break	11:00	Lights Out
11:00	Lights Out		

Thursdays at 3:00 PM – Women’s Church Service Available

Thursday’s at 3:30 PM – Men’s Church Service Available

Friday’s at 3:00 PM – Men’s Bible Study

Friday’s at 3:45 PM – Women’s Bible Study

Evening schedule may vary based on the availability of outside meetings.

IS: Independent Study

Didactic: Instructive Lesson

Step Study: Analysis of Steps 1 - 4

Life Skills: Introduction to Daily Living Skills

MI's: Moral Inventory

Sunrise Centre Weekend Schedule

Saturday		Sunday	
6:30 – 7:40	Rise and Shine (Breakfast)	6:30 – 7:40	Rise and Shine (Breakfast)
7:40 – 8:30	Morning Meditation	7:40 – 8:00	Morning Meditation
8:30 – 10:00	Gender Specific Group	8:00 – 12:00	IS , Recreation, Exercise
10:00 – 10:30	Break	12:00 – 12:30	Lunch
10:30 – 12:00	Gender Specific Group	12:30 – 5:00	Free Time
12:00 – 1:00	Lunch	5:00 – 6:00	Dinner
1:00 – 5:00	IS , Recreation, Exercise	6:00 – 6:30	Break
5:00 – 6:00	Dinner	6:30 – 7:30	Step Study
6:00 – 6:30	Break	7:30 – 8:00	Break
6:30 – 7:30	Step Study	8:00 – 9:30	AA/NA Meeting
7:30 – 8:00	Break	9:30- 10:00	Break/ MI's
8:00 – 9:30	AA/NA Meeting	10:00 – 11:30	Relaxation
9:30 – 10:00	Break/ MI's	11:30	Lights Out
10:00 – 11:30	Relaxation		
11:30	Lights Out		

With counselor approval, family visits are permitted when structured activities are not occurring.

IS: Independent Study

Step Study: Analysis of Steps 1 - 4

MI's: Moral Inventory

Coming soon: Multi-pathway meetings.

Evening schedule may vary based on the availability of outside meetings.

Sunrise Centre Resident Smoking Schedule

6:40 am

8:00 am

10:00 am

12:00 pm

1:15 pm

3:00 pm

4:30 pm

6:00 pm (After Dinner)

7:30 pm (After Step Study)

9:00 pm (After AA/NA Meeting)

10:30 pm