


| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--|---|--|--|---|--|
| 7:45 a - 9:45 a | Breakfast Roundtable-PSG Rochelle RM: 1 PRE- GED Rebecca Laundry Off-Site 9-11:30am Rick | Breakfast Roundtable-PSG Jennifer RM: 1 PRE- GED Rebecca Seeds Of Recovery Darrin Garden | Breakfast Roundtable-PSG Deb L RM: 1 PRE- GED Rebecca Food Boxes Alishia/Carolea | Breakfast Roundtable-PSG Deb W RM: 1 Early Risers EOH 8:15-9:45a Rochelle RM: EOH Seeds Of Recovery Darrin Garden | Breakfast Roundtable-PSG Jessica RM: 7B Adv. Recovery Principles Rochelle RM:1 | Breakfast Roundtable PSG Dan RM: 1 Early Risers EOH Jessica RM: EOH |
| 10:00 a - 11:30 a | WRAP John RM: 7E 9:30 - 2:30 Peer Support Training or Peer Enrichment Program closed Deb L.- RM: 7B Expressions of Hope Teresa RM: EOH PRE-GED Rebecca GED RM Out N About Activity Alishia/Carolea Relapse Prevention Renee RM:1 | WRAP John RM: 7E 9:30 - 2:30 Peer Support Training or Peer Enrichment Program closed Deb L.- RM: 7B PRE- GED Rebecca GED RM Expressions of Hope Teresa RM: EOH Anger Management Terrance RM: 7A Off Site 12 Step Meeting 11:00- 1:30 Rick WHAM Dan RM: Res. Lab Out N About Alishia/Carolea | Journey of Hope Rick Rm: Res. Lab Relapse Prevention Renee RM: 7B Your Wise Mind John RM: 7E Expressions of Hope Teresa RM: EOH PRE-GED Rebecca GED RM Women's Boundaries Jessica RM: 7A Men's Health and Wellness Dan RM: 1 | WRAP John RM: 7E Anger Management Terrance RM: 7A 9:30 - 2:30 Peer Support Training or Peer Enrichment Program closed Deb L.- RM: 7B Expressions of Hope Teresa RM: EOH PRE-GED Rebecca GED RM WHAM Dan: RM: Res. Lab Out N About Alishia/Carolea | Recovery Goals Debi W. RM: 7B PRE-GED Rebecca GED Room Alternative Realities John RM: 7E Expressions of Hope Teresa RM: EOH Good Grief Miklo RM: 7A Smoking Cessation Renee RM:1 WHAM Dan RM: Res. Lab Out N About Alishia/Carolea | Art Studio Jessica RM: EOH Recreation Room Open Recovery Talk PSG Rick RM: 7A |
| 11:45 a - 1:00 p | Lunch Roundtable Susan RM: 1 All Participant Education Robert RM: 7A Open Computer Lab/GED Tutoring Rebecca LGBTQ Rick RM: 7E | Lunch Roundtable Miklo RM: 1 All Participant Education John RM: 7A Open Computer Lab Rebecca Art Studio/Sew What 1:00- 3:00pm Jessica RM: EOH Road of Recovery 1:45-2:45pm Serafin Rm:7E | Lunch 1 st Wed month, CHEEERS closes at 1pm 2 nd Wed/ mo PARTICIPANT MEETING Rebecca- RM: 7B 3 rd Wed/mo. All Participant Education Rebecca RM: 7A 4 th Wed/mo . ADVISORY COUNCIL Rebecca RM: 7A 5 th Wed/Mo(if applies) All Participant Education Rebecca RM: 7A Computer Tutor Miklo Rm: GED Lab Mobility- Getting Around Town Dan Art Studio/Sew What 1:00- 3:00pm Rochelle RM: EOH | Lunch All Participant Education John RM: 7A Opioid Education Robert 1:00-2:30PM RM: 1 Open Computer Lab Miklo Art Studio/Sew What Rochelle RM: EOH 1:00-3:00pm Connections Group 1:00-2:00p Jennifer Rm:7E GET FIT! Rebecca GYM Newsletter/Budgeting (every other week) Serafin Rm: Res Lab | Lunch Roundtable Terrance RM: 1 All Participant Education Rochelle RM: 7A Computer Tutor Rebecca GED Lab Jewelry Techniques Teresa RM: EOH 1- 3pm (SNACK INCLUDED) Pathway to Employment Serafin RM: Res. Lab | Lunch All Participant Education Spirituality Terrance Recreation Room Open Art Studio Rick RM: EOH Open Computer Lab Open Dan |
| 2:30 p - 2:45 p | Optional SNACK Recreation Rm Open Spirituality Miklo RM: Res. Lab | Optional SNACK Let's Dish Kitchen Susan RM:2 GET FIT! Rebecca GYM 2:45p - 3:45p | Optional SNACK Roller Coaster Susan RM: 1 Recreation Rm Open Recovery Support Terrance RM: 7A | Optional SNACK Karaoke Music/Dance Games PSG Renee RM: Dining Let's Dish Kitchen Susan RM: 2 | Optional SNACK Karaoke Music/ Dance Games PSG Terrance RM: Dining Let's Dish Kitchen Susan RM: 2 | |
| 3:00 p - Close | Wrap Up ALL STAFF | Karaoke Music Scheduled PSG Renee RM: Dining Open Computer Lab Rick 3-4pm | Wrap Up ALL STAFF | 3:35pm - 4:30 pm Recovery 1st Ambassadors Miklo RM:7B Open Computer Lab Rebecca 3-5pm | GET FIT! Rebecca GYM 3-4p Open Computer Lab Jessica 3-4pm | Wrap UP ALL STAFF |
| 4:00 p | Center Closes | 5pm Dinner | Center Closes | 4:30 pm Gratitude Lists-Renee 5pm Dinner | 4:30 pm Gratitude Lists-Dan 5pm Dinner | Center Closes |
| | Hours of Operation: Mon., Wed., Sat. 7:30 am- 4pm Tues., Thur., Fri. 7:30am - 7:00pm | 6:15 pm Wrap Up 7 pm Center Closes |  | 6:15 pm Wrap Up 7 pm Center Closes | 6:15 pm Wrap Up 7 pm Center Closes | Effective: March 2019 |

Program Schedule at Times Subject To Change and Available in Large Print