Casa Serena Main House Program Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Wake-up						
6:15am	Breakfast						
6:30am							
7:00am	MEDS					Wake-up	
7:30am	CHORES				VETS Meeting AA 730-930am	7:15-7:45 Breakfast	
7:45am	Goals & Intentions					MEDS	
8:15am	WALK					8:15 Goals & Intentions	
9:00am	Process Group 9-1030am	Core Training 9-10am	Process Group 9-1030am	Yoga 9-10am	AM Chores	Double Scrub	Chores
10:00am					Seeking Safety 945-1045am		Spiritual Connection
10:30am							
11:00am	Drop the Rock Book Study	AA Meeting 11am-12pm	DBT &CBT 11am-12pm	AA Meeting 11am-12pm	Meditation 1115am-1215pm		Spiritual Connection
11:30am							
12:00pm	<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<<LUNCH 12:00 TO 12:45 PM >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>						
12:30pm	MEDS						
1:00pm	Covington Group 1-2pm	Codependency Relationships	Relapse Prevention 1-2pm	Shame Resiliency Self Esteem	Parenting	Personal Recovery Time 12:30-4:00 pm	Personal Recovery 12:30-3:00 pm 3-5 Rest, Rejuvenate & Connect
1:30pm					Creative Writing		
2:00pm	Free Time/ Work Search/Volunteer 2-4:30 pm						
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm	Dinner						
5:30pm	MEDS	WALK		Aftercare Speaker 1st Th 6:15-7:15			
6:00pm	Family Night 2nd & 4th 615-745pm	MEDS	WALK		WALK		MEDS
8:00pm		NA Meeting 7-8 pm	Casa Women's Mtg 8-9pm	Sponsor Night 3rd Th 6:16-7:15pm, OA 4th Th 7pm	AA Meeting Way of Life 8-9pm	AA Meeting Various	Resident Council
8:30pm	Family Night 1st & 3rd 6-7pm						
9:00pm							
9:30pm	MEDS			MEDS at 9:30 PM	MEDS		
10:00pm	In Room						In Room
10:30pm	Lights Out				In Room		Lights Out
11:00pm					Lights Out		