MILESTONES SCHEDULE

March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-7:00	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Sleep in
7:00-7:30	Hygiene/Chores Optional Hike	Hygiene/Chores Optional Hike	Hygiene/Chores Optional Hike	Hygiene/Chores Optional Hike	Hygiene/Chores Optional Hike	Hygiene/Chores Optional Hike	Sleep in
7:45-8:00	Program overview (7:30 - 8:00)	Daily reflections	Daily reflections	Daily reflections	Daily reflections	Daily reflections	Sleep in
8:00-9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Individual therapy or written work
9:00-9:30	Break	Break	Break	Break	Break	Yoga with Stefani (9:00 – 10:00) or Equine Therapy	Relapse Prevention with Andy (9:00 - 10:00)
9:30-11:00	Cognitive Learning Styles with Celeste	Meditation with Dr. Gerro	Process Group with Dr. Eicken	Health and nutrition with Dr. Benya (9:30 – 11:00)	Relapse Prevention with Jason	Break	Brunch (10:00am-11:00am)
11:00-12:00	Physical activity or Individual therapy	Mandatory Circuit Training or Kick Boxing with Jonathon	Physical activity or Individual therapy	Physical activity or Individual therapy	Physical activity or Individual therapy	Movement Therapy with Stefani or Equine Therapy (10:30 – 12:00)	Family System's Group with Dr. Eicken (11:30 - 1:00)
12:00-1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30-2:30	Non- violent communication with Bill (1:30 – 3:00)	DBT Skill Building with Ericha (1:30 – 3:00)	Art Therapy with Stefani (1:00 – 2:30)	Meditation with Jason	Yoga with Stefani (at the beach when weather permits)	Mandatory Mountain Hike with Colter or workout time	Family Visit after first week or sober fun option (1:00 – 5:00)
2:30-3:30	Individual therapy or written work	Community Meeting with Jesse and Cori (3:30 - 4:00)	Individual therapy or written work	Individual Therapy or written work	Individual Therapy or written work	Mountain Hike with Colter or workout time	Family Visit after first week or sober fun (1:00 – 5:00)
3:30-5:00	Stress Management with Dr. Gerro	Spirituality Group with Patrice (4:00 - 5:00)	Cognitive Thought Stopping with Dr. Gerro	Psychodrama with Stefani and Dr. Eicken (3:30 – 5:00)	DBT Skill Building with Ericha	Mountain Hike with Colter or workout time	Family visit after first week or sober fun option (1:00 – 5:00)
5:00-6:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00-9:00	Outside meeting	Outside meeting	Outside meeting	Sober fun evening	Outside meeting	Outside meeting	Outside meeting
9:00-9:15	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up
11:00	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out