

R-Dojo 9:00	MONDAY 9:00	TUESDAY 9:00 Supervision	WEDNESDAY 9:00 Joe Supervision	THURSDAY 9:00	
10:00	Group Therapy Awareness Check-in What you want from treatment today? Discuss Triggers and relapse warning signs	Mindful Eating Practice Group Therapy Discuss Triggers and relapse warning signs. Lightening Rounds/games	Health Coaching/Nutrition Jessica Talley	Group Therapy Awareness Check-in What you want from treatment today? Discuss Triggers and relapse warning signs	
11:00	Smart Recovery Jared Lawson	Peer Group Topic Wellness in Recovery Heather	Group Therapy Joe Awareness Check-in What you want from treatment today	Peer Group Topic Wellness in Recovery Heather	
12:00	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	
12:30	Peer Group Topic Wellness in Recovery Heather	12:30 Psychoeducation group and/or Individual Sessions and working on assignments	12:30- 2:00 Yoga w/Kim Break till 2:15	12:30 Psychoeducation group and/or Individual Sessions and working on assignments.	
1:30	Education Group Or Mindful Walking Practice	Individual Sessions and working on assignments.	2:15 Relational Mindfulness Lightening Rounds, Hot Seats Refusal Skills game	Individual Sessions and working on assignments	

2:30	Group Check Out 24 Hour Plan Gratitude	Group Check Out 24 Hour Plan Gratitude	Group Check Out 24 Hour Plan Gratitude	Group Check Out 84 Hour Plan Gratitude	Dopey Meeting on Zoom ID# 804 300 586 Password: Toodles
3:00	Day ends	Day ends	Day ends	Day ends	