

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---------------------------------|--|--------------------------|--|--|-------------------------------|---|
| 6:30am | Wake-up (6:30am) | | | | | Sleep-in / Free time | |
| 6:40am - 6:50am | Smoke Break (6:40 - 6:50am) | | | | | | |
| 6:55am - 7:30am | Breakfast | | | | | | |
| 7:45am | Free Time (7:45am - 9:00am) | | | | | Wake-up (7:45am) | |
| 8:00am - 8:10am | | | | | | Smoke Break (8:00am - 8:10am) | |
| 8:00am - 8:30am | | | | | | Cold Breakfast (Optional) | |
| 9:00am - 11:00am | Group | Life skills and Recreation | Recreation | Group | Group | Free Time | Recovery Group (Week 1-6) |
| 11:15am - 11:25am | Smoke Break (11:15am - 11:25am) | | | | | | |
| 11:30am - 12:00pm | Lunch | | | | | Brunch | |
| 12:15pm - 12:50pm | Staff Led Walk | | | | Recreation | Free Time | Meditation 12:45/1:30 OR Yoga (optional) (2:00pm - 3:00pm) |
| 1:00pm - 3:00pm | Group | Group | Group | Group | | | |
| 3:00pm - 3:10pm | Smoke Break (3:00pm - 3:10pm) | | | | | | |
| 3:20pm - 3:30pm | Free Time | | | | | Smoke Break (3:20 - 3:30) | |
| 4:00pm | House Meeting or Recreation | Free Time | | Parenting Group 3:45pm - 4:45pm (Week 1-5) | Free Time | | Free Time |
| 4:30pm | | | | Recreation | | | In House AA Meeting (4:30pm - 5:30pm) |
| 4:55pm - 5:30pm | Supper | | | YAT Supper (5:30pm - 6:00pm) | Supper | | Smoke Break (5:45pm - 6:00pm) |
| 5:30pm - 6:00pm | Free Time | | | | Free Time | | |
| 6:00pm - 6:15pm | Smoke Break (6:00pm - 6:15pm) | | | | | Supper (6:00pm-6:30pm) | |
| 6:15pm - 6:30pm | Free Time | | | | | Supper (6:00pm-6:30pm) | |
| 6:30pm - 8:00pm | YAT House Meeting or Recreation | In House ABA 7:00pm OR Community Meeting (Week 4-13) | In House NA OR Sober Fun | Major Room Clean 6:30pm - 7:30pm | Recovery Group (Week 1-6) Homework (Week 7-9) Grad Planning (Week 10-13) | Sober Fun | Free Time |
| | | | | Computer Time 7:30pm - 8:00pm | | | Weekly Planning (7:00pm - 8:00pm) |
| | | | | Community Meeting (Week 4-13) | | | |
| 8:00pm - 8:30pm | Snack (Optional) | | | | | | |
| 8:40pm - 8:50pm | Smoke Break (8:40pm - 8:50pm) | | | | | | |
| 8:00pm - 10:00pm | Free Time | | | | | | |
| 10:00pm | Bed (10:00pm) | | | | Free Time | | Bed (10:00pm) |
| 10:30pm | Lights Out (10:30pm) | | | | | | Lights Out (10:30pm) |
| 11:00pm | | | | | Bed (11:00pm) | | Updated: Sept 2017 |
| 11:30pm | | | | | Lights Out (11:30pm) | | |

| Weekend Schedule- based on safety of plan and Client | | Phone Schedule | |
|---|---|---|--|
| 1 - | In all weekend | Sign up for your two 10 minute calls on the sheets by phones After 11am once your room has been checked by Staff. | |
| 2 - | Saturday Optional Visit 9:15am - 11:15am OR 12:15pm - 2:15pm | Monday | 3:00pm - 3:50pm 8:00pm - 8:50pm |
| 3 - | Saturday Optional Visit 9:15am - 11:15am OR 12:15pm - 2:15pm | Tuesday | 3:00pm - 3:50pm 8:00pm - 8:50pm |
| 4 - | Saturday Pass 12:00pm - 3:00pm | Wednesday | NO PHONE TIMES |
| 5 - | Saturday Pass 12:00pm - 3:00pm | Thursday | 6:00pm - 6:40pm 8:00pm - 9:00pm |
| 6 - | Saturday Pass 9:30am - 3:00pm | <i>NOTE: Alumnae night phone times will be adjusted.</i> | |
| 7 - | Saturday Pass 9:30am - 4:30pm | Friday | 4:00pm - 4:50pm 8:00pm - 8:50pm |
| 8 - | Saturday Pass 9:30am - 4:30pm & Sunday Pass 11:00am - 3:00pm | Saturday | 9:30am - 10:30am 8:00pm - 8:50pm |
| 9 - | Saturday Pass 9:30am - 10:00pm & Sunday pass 11:00am - 3:00pm | Sunday | 3:00pm - 3:50pm 8:00pm - 8:50pm |
| 10 - | Saturday Pass 9:30am - Sunday 11:00am (Overnight) | Community Meetings | |
| 11 - | Saturday Pass 9:30am - Sunday 3:00pm (Overnight) | Weeks 4 - 13 One Community Meeting per week AA/NA/CMA (Tuesdays) OR SMART/Refuge/CODA (Thursdays) | |
| 12 - | Saturday Pass 9:30am - Sunday 3:00pm (Overnight) | | |
| 13 - | Saturday Pass 9:30am - 10:00pm | Parenting In Recovery Group | |
| NOTE: If you return late from a pass, <u>double the time late</u> will be taken off the <u>beginning of your next pass.</u> | | Required group for all parenting YAT Clients weeks 1- 5 Thursdays 3:45pm - 4:45pm | |
| Monday House Meeting | | Wednesday Outside Appointments | |
| <ul style="list-style-type: none"> • First meeting of the month will be held on the 3rd floor at 4:15pm • All the rest will be held specifically for YAT on the 2nd floor at 6:30pm | | The first Wednesday of each month (6:00am - 11:30am) will be for approved outside appointments or homework | |
| Sunday Programming | | Alumnae Meeting | |
| Weekends 1 - 6 | Sunday In House Recovery Group | The last Thursday of every month all Clients in the building will attend the Alumnae Celebration at Cliff Bungalow Community Hall 7:00pm - 8:30pm | |
| Weekends 1 - 13 | In House AA Meeting (with Phase II) | | |
| Weekends 7 - 13 | Women's Way through the 12 Steps Meeting and dinner at Phase III House (must be accepted into Phase III program to attend) | | |
| TV Times | | Medication Times | |
| Mon - Thurs | 8:00pm - 10:00pm | Mon - Thurs | 6:30am - 6:45am / 8:30am - 8:45am / 11:00am -11:15am/ 6:00pm - 6:30pm / 8:30pm - 9:30pm |
| Friday | 4:00pm - 11:00pm | Friday | 6:30am - 6:45am / 8:30am - 8:45am / 11:00am -11:15am/ 6:00pm - 6:30pm / 8:30pm - 9:30pm / 10:00pm - 11:00pm |
| Saturday | 7:00am - 11:00pm | Saturday | 8:15am - 8:45am / 11:00am - 11:15am / 4:30pm - 4:45pm / 6:00pm - 6:30pm / 8:30pm - 9:30pm / 10:00pm - 11:00pm |
| Sunday | 8:30am - 1:00pm & 8:00pm - 10:00pm | Sunday | 8:15am - 8:45am / 11:00am - 11:15am / 3:00pm - 3:15pm / 6:30pm - 7:00pm / 8:30pm - 9:30pm |