

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30am	Wake-up (6:30am)					Sleep-in / Free time		
6:40am - 6:50am	Smoke Break (6:40am - 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 1:15pm (Mandatory if not on pass) 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 (3:20pm - 3:30pm)			
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			Supper				
5:30pm - 6:00pm	Free Time			YAT Supper (5:30pm - 6:00pm)	Free Time		Smoke Break (5:45pm - 6:00pm)	
6:00pm - 6:15pm	Smoke Break (6:00pm - 6:15pm)					Supper (6:00pm-6:30pm)		
6:15pm - 6:30pm	Free Time							
6:30pm - 8:00pm	Recreation OR YAT House Meeting	Computer Time 7:30pm - 8:00pm	In House NA OR Sober Fun 6:30pm	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	
		Community Meeting (Week 4-13)		Computer Time 7:30pm - 8:00pm Community Meeting (Week 4-13)			Weekly Planning (7:00pm - 8:00pm)	
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: Aug 2018	
11:30pm					Lights Out (11:30pm)			

Weekend Schedule		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	3:00pm - 3:50pm	8:00pm - 8:50pm
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 - 4:30pm & Sunday pass 11:00am - 3:00pm	Sunday	3:00pm - 3:50pm	8:00pm - 8:50pm
10 -	Saturday Pass 9:30am - 10:00 pm & Sunday pass 11:00am - 3:00pm	Community Meetings		
11 -	Saturday Pass 9:30am - Sunday 3:00pm (Overnight)	Weeks 4 - 13 One Community Meeting per week AA/NA/CA (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</u> or your next pass.		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 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 / 3:00 - 3:15pm / 6:15pm - 6:30pm / 8:30pm - 8:45pm / 9:30pm - 9:45pm		
Friday	4:00pm - 11:00pm	Friday 6:30am - 6:45am / 8:30am - 8:45am / 11:00am - 11:15am / 3:00 - 3:15pm / 6:15pm - 6:30pm / 8:30pm - 9:00pm / 10:00pm - 10:30pm		
Saturday	7:00am - 11:00pm	Saturday 8:15am - 8:45am / 11:00am - 11:15am / 4:00 - 4:15pm / 6:15pm - 6:30pm / 8:30pm - 9:00pm / 10:00pm - 10:30pm		
Sunday	8:30am - 1:00pm & 8:00pm - 10:00pm	Sunday 8:15am - 8:45am / 11:00am - 11:15am / 3:00 - 3:15pm / 6:45pm - 7:00pm / 8:30pm - 8:45pm / 9:30pm - 9:45pm		