

Hemet Valley Recovery Center Program Schedule

RED = Combined Group with Detox Unit

SAGE RETREAT - 12/7/09

BLACK = Sage Only Groups

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	
7:00	AA Meeting/ (West Room)	AA Meeting/ (West Room)	AA Meeting/ (West Room)	AA Meeting/ (West Room)	AA Meeting/ (West Room)	AA Meeting/ (West Room)	AA Meeting/ (West Room)	
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00	Meditation with Midge (East Room)	Meditation with Midge (East Room)	Grief Group with Rose (East Room)	12-Step Study/ Big Book Study (Great Room) or Pain Group with Dr. Paul (East Room)	Meditation with Midge (East Room)	Town Time	Chores/ Shower	
10:00	Community Meeting (Great Room)	Outing & Lunch	Pain Group with Sherry or Lisa (East Room)	Holistic Therapy with Sherry or Lisa (East Room)	Coining or Rap Group (East Room)		Visiting or Assignments/ Journaling	Outside Meeting
11:00	***CD Lecture (West Room) or Keepers of the Wisdom (Inpatient Dining Room)		CD Lecture (West Room)	Self Awareness (East Room) or Keepers of the Wisdom (Inpatient Dining Room)	CD Lecture (Great Room)			
12:00	Lunch		Lunch	Lunch	Lunch	Lunch		
1:30	Primary Group Men's- West Room Women's- East Room		Primary Group Men's- West Room Women's- East Room	Recreation (Rec Room)	Recreation (Rec Room)	Give It Up Give It Back (Great Room)	*** Family of Origin (West Room)	Family Share 3pm (Family Week participants)
2:45	Assignments							
4:00	Gym (off campus) or Exercise/ Yoga (East Room)	Exercise/ Yoga (East Room)						
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
6:00	Process Group (Great Room) ***ALANON (Dr.s Office)	***CD Lecture Sage Staff (East Room)	***CD Lecture (West Room)	*** Alumni (West Room)	*** CD Lecture Sage Staff (VIP, Inpatients, Sage patients)	Outside Meeting	AA Panel	
7:00	Self Esteem (East Room)	Let Go Let God Sage Staff (East Room)	Courage to Heal (East Room)	CD Process Group with Dr. Paul (East Room) *** VIP (Blue Danube)	Visiting or Assignments/ Journaling		Movie Night	

*** Families may attend

Note: Staff reserves the right to adjust the program schedule as necessary

Visiting Hours: Friday: 7pm – 8pm (families may attend CD Lecture at 6pm) **Saturday:** 12pm – 4pm (families may attend Family of Origin at 4pm) **Sunday:** 12pm – 5pm