

Hemet Valley Recovery Center Program Schedule – revised 12/15/09

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 (East Room)	Meditation (East Room)	Grief Group (West Room)	12-Step /Book Study (West Room) Chronic Pain Group (East Room)	Meditation (East Room)	Relapse Prevention (West Room)	Step Study - or Group Process (West Room)
10:00	Recreation (Rec Room)	Recreation (Rec Room)	Nursing Group (West Room) Chronic Pain Group (East Room)	Holistic Therapy (East Room)	Coining (East Room)	Big Book Study (West Room)	10:30 – 12:00 Reflections (Inpatient Dining Room)
11:00	*** CD Lecture (West Room) Keepers of the Wisdom (Inpatient Dining Room))	Nutrition / HIV (West Room) Keepers of the Wisdom (Inpatient Dining Room) Future Keepers (East Room)	*** CD Lecture Medical Staff (West Room)	Self Awareness (East Room) Keepers of the Wisdom (Inpatient Dining Room) Future Keepers (East Room)	CD Lecture (West Room)	Pills Anonymous (West Room)	
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1:30	Primary Groups Men's- (West Room) Women's- (East Room)	Primary Groups Men's- (West Room) Women's- (East Room)	Primary Groups Men's- (West Room) Women's- (East Room)	Primary Groups Men's- (West Room) Women's- (East Room)	Combined Primary Group (West Room)	*** CD Lecture Patients & VIP (West Room)	NA Panel 2:00 – 3:00
2:45	Community Meeting (East Room)	Peer Support Group (Pt. facilitated) (West Room)	Recreation (Rec Room)	Recreation (Rec Room)	Recreation (Rec Room)	CD Education (West Room)	Family Share (Blue Danube) or Assignments/ Journaling Movie/ Outing
4:00	*Gym (off campus) - or Exercise/ Yoga (East Room)	*Gym (off campus) - or Exercise/ Yoga (East Room)	Exercise/ Yoga (East Room)	Patient Facilitated Group (West Room) PHP House Meeting (East Room)	*Gym (off campus) - or Exercise/ Yoga (East Room)	Family of Origin (West Room)	
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Relapse Prevention (East Room) *** ALANON (Drs. Office)	*** CD lecture (East Room)	*** CD Lecture (West Room)	*** Alumni (West Room)	CD Lecture (VIP's, Inpatients, Sage patients)	Dual Recovery Anonymous Sober Fun	***
7:00	Self Esteem (East Room)	*** Let Go Let God (East Room)	Courage to Heal (East Room)	CD Process Group with Dr. Paul (East Room) Continuing Care (Dining Room) *** VIP (Blue Danube) *** ACOA (West Room)	Assignments/ Journaling	Sober Fun	AA Panel

Visiting Hours: 5:00pm – 6:00pm Monday- Friday; 4:00pm- 6:00pm on Saturday; 3:00pm – 6:00pm on Sunday

LEGEND:

- Chronic Pain
 Future Keepers
 Keepers of the Wisdom
 General schedule

* Phase 3 patients only

*** Families may attend

(Staff reserves the right to adjust the Group Schedule as necessary)