

Hemet Valley Recovery Center Program Schedule

Red = Combined Group with Detox Unit

SAGE RETREAT – 1/21/2016

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	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Meditation (East Room)	Talking Circle (East Room)	Community Meeting (Great Room)	12-Step Study/Book Study (West Room)	Meditation (East Room)	Community Time (Great Room)	Community Time (Great Room)
10:00	Grief Group (East Room)	Holistic Therapy (East Room)	12-Step Study (West Room)	Chronic Pain Group (East Room) (9am-11am)	CD Lecture Medical Staff (West Room)	Town Time	Outside Meeting
11:00	Experiential Group (West Room)	Outing & Lunch	Chronic Pain Group (East Room)	Living Sober (West Room)	Future Keepers (Great Room)		
11:00	Keepers of the Wisdom (East Room)		CD Lecture (West Room)	Self Awareness (West Room)	Future Keepers (Great Room)		
11:00			Future Keepers (Great Room)	Keepers of the Wisdom (East Room)	Commitment to Sobriety Peer Led - West Room ***** Nursing Group All Pts 1 st Fri of month		
12:00	Lunch		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	Primary Group Men's- West Room Women's- East Room	1:30 – 3:30 Men's Inspiration (West Room)	Visiting or CD Lecture Patients & VIP (West Room)	Chores Assignments
2:45	Recreation (Rec/East Room)		Recreation (Rec/East Room)	Recreation (Rec/East Room)	Women's Empowerment (East Room)	Pills Anonymous (West Room)	Journaling Visiting
4:00	Gym (off campus)		Gym (off campus)	Assignments	*Gym (off campus) - or Exercise/ Yoga (East Room)	Gym (off campus)	
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Just for Today (East Room)	Reflections (East Room)	12-Step Book Study or Coining (East Room)	Peer Led Group (West Room) Continuing Care (East Room) ***ALANON (Art Room)	PAWS Post-Acute Withdrawal Syndrome (East Room)	Give it Up Give it Back (Great Room)	AA Panel
7:00	Family of Origin (East Room)	Self Esteem (East Room)	Let Go Let God or Coining (Cont'd) (East Room)	Alumni (Sage Patio) *** VIP (Art Room)	Visiting or Assignments/ Journaling	Sober Fun! (East Room)	Movie Night

Visiting Hours: Friday: 7pm – 8pm (families may attend CD Lecture at 6pm) **Saturday:** 12pm – 4pm **Sunday:** 12pm – 4pm **Family Week** – Twice a month - Schedule posted
Note: Staff reserves the right to adjust the program schedule as necessary. *** Families may attend.