

# Hemet Valley Recovery Center Program Schedule

**Red =** Combined Group with Detox Unit

**SAGE RETREAT – 11/27/17**

**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)	NA Meeting (Closed) (West Room)	Talking Circle (East Room)	12-Step Study (9am) (West Room)	Meditation (East Room)	12-Step Study (West Room)	Community Time (Great Room)
10:00	Grief Group (East Room)	Holistic Therapy (East Room)	12- Step Study (West Room) <hr/> Chronic Pain (East Room)	Chronic Pain (East Room) 9am-11am <hr/> Living Sober (10am) (West Room)	CD Lecture Medical Staff (West Room)	CD Lecture (West Room) Or Outing/Town Time 10 <sup>00</sup> :00-2:00pm (Every other weekend)	Outside Meeting or Church
11:00	Experiential Group (West Room)	Healthy Lifestyles or Relapse Prevention (West Room)	CD Lecture (West Room)	Self-Awareness (West Room)	Future Keepers (Great Room)	Spirituality (West Room)	
	Keepers of the Wisdom (East Room)		Keepers of the Wisdom (East Room)	Future Keepers (Great Room)	Keepers of the Wisdom (East Room)		
	Heroes Group (500 Hall)		Heroes Group (500 Hall)	Heroes Group (500 Hall)	Heroes Group (500 Hall)		
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30	Primary Group Men's- West Room Women's- East Room	Primary Groups 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) <hr/> Women's Empowerment (East Room)	1:30-3:00 Pills Anonymous (West Room)	Chores Assignments <hr/> Wrap it Up/ Visiting
3:15	Community Meeting (West Room))	Recreation (Rec/East Room)	Recreation (Rec/East Room)	Recreation (Rec/East Room)	*Gym (off campus) – or Exercise/ Yoga (East Room)	Gym (off campus)	
4:15	Yoga (East Room)	Gym (off campus)	Yoga or Gym (off campus)	Personal Recovery Plan			
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Relapse Prevention (East Room)	Coing (East Room)	Self-Esteem (East Room)	Peer Led Group (West Room)	PAWS Post-Acute Withdrawal Syndrome (East Room)	Give it Up Give it Back (Great Room)	AA Panel
				5:45 Continuing Care (East Room)			
7:00	Family of Origin (East Room)	Just for Today (East Room)	Let Go, Let God (East Room)	***ALANON (Art Room)	Visiting or Assignments/ Journaling	Sober Fun! (East Room)	Movie Night (Great Room)
				Alumni (East Room)			
				*** VIP (Art Room)			

**Visiting Hours:** Friday: 7pm – 8pm (families may attend CD Lecture at 6pm) Saturday: 12-4 pm or 4pm – 6pm (outing days) 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.