

Hemet Valley Recovery Center - Program Schedule – Revised 04/16/2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Meditation (East Room)	NA Meeting (Closed) (West Room)	Codependency/ Boundaries (East Room)	12-Step /Book Study (West Room)	Meditation (East Room)	12-Step Study (West Room)	9:30-10:30 12- Step Study (West Room)
				Chronic Pain Group (East Room) (9am-11am)			
10:00	Grief Group (East Room)	Holistic Therapy (East Room)	12-Step Study/ Just for Today (West Room)	Living Sober (10am) (West Room)	CD Lecture Medical Staff (West Room)	CD Lecture (West Room)	10:45 – 11:45
			Chronic Pain Group (East Room)				
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)	Triggers & Cravings (West Room)
	Keepers of the Wisdom (East Room)		Future Keepers (Great Room)	Keepers of the Wisdom (East Room)	Commitment to Sobriety (Peer Led-West Room)		
	Heroes Group (500 Hall)		Heroes Group (500 Hall)		Heroes Group (500 Hall)		
12:00	Lunch	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)	1:30-3:30 Men's Inspiration (West Room) Or Women's Empowerment (East Room)	1:30-3:30 Pills Anonymous (West Room)	NA Panel 2:00 – 3:00 (West Room)
3:15	Community Meeting (West Room)	Recreation (Rec/East Room)	Recreation (Rec/East Room)	Recreation (Rec/East Room)			
4:15	Exercise/ Yoga (East Room)	Exercise/ Yoga (East Room)	Exercise/ Yoga (East Room)	Personal Recovery Plan (West Room)	Exercise/ Yoga (East Room)	Assignments/ Journaling	Assignments/ Journaling
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Coing (East Room)	Talking Circle (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 (West Room) Or Movie Night
			Outside AA Meeting (PHP)	5:45 Continuing Care (East Room)			
				***ALANON (Art Room)			
7:00	Relapse Prevention (East Room)	Family of Origin (East Room)	Let Go Let God (East Room)	Alumni (East Room)	Assignments/ Journaling	Sober Fun!! (West Room)	
				*** VIP (Art Room)			

Visiting Hours: **5:00pm – 6:00pm Monday - Friday** **4:00pm- 6:00pm on Saturday** **3:00pm – 6:00pm on Sunday** **Family Week -** Twice a month – schedule posted

LEGEND: Chronic Pain

Future Keepers

Keepers of the Wisdom

Heroes Group

General schedule

*Phase 3 patients only

***Families may attend

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