

Hemet Valley Recovery Center – Program Schedule – Revised 1/07/2021

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 (West Room)	12-Step /Book Study (West Room)	Meditation (East Room)	9:-30-10:30 12-Step Zoom Meeting (West Room)	9:30-10:30 12- Step Zoom Meeting (West Room)
		Heroes (Individual Sessions)		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)		11:00 – 11:45 Triggers & Cravings (West Room)
		Heroes (Individual Sessions)	Chronic Pain Group (East Room) (9am-11am)				
11:00	Experiential Group (West Room)	Healthy Lifestyles Or Relapse Prevention (West Room)	CD Lecture (West Room)	Self Awareness (West Room)	Future Keepers (Dining Room)	Therapeutic Activity (West Room)	
	Keepers of the Wisdom (East Room)	Heroes (Individual Sessions)	Future Keepers (Dining Room)	Keepers of the Wisdom (East Room)	Commitment to Sobriety (Peer Led-West Room)		
	Heroes Group (Art Room)		Heroes Group (East Room)	Heroes (Individual Sessions)	Heroes Group (East Room)		
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)	1:30-3:00 12-Step Meeting Peer Led (West Room)	1:30 – 3:00 12-Step Meeting Peer Led (West Room)
		Heroes (Individual Sessions)		Heroes (Individual Sessions)			
3:15	Personal Recovery Plan (West Room)	Recreation (Rec/East Room)	Assignments	Recreation (Rec/East Room)			Assignments/ Journaling
		Heroes (Individual Sessions)		Heroes (Individual Sessions)			
4:15	Exercise/ Yoga (East Room)	Exercise/ Yoga (East Room)	Exercise/ Yoga (East Room) 3:30	Community Meeting (West Room)	3:45 Activity (East Room)	Assignments/ Journaling	
				Heroes (Individual Sessions)			
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Coining (East Room)	Talking Circle (East Room)	Self-Esteem (East Room)	Peer Led Group (East Room)	PAWS (Post-Acute Withdrawal Syndrome) (East Room)	Give it Up Give it Back (Great Room)	Movie Night
7:00	Relapse Prevention (East Room)	Family of Origin (East Room)	Let Go Let God (East Room)	Assignments/ Journaling	Assignments/ Journaling	Sober Fun!! (West Room)	

LEGEND: Chronic Pain Future Keepers Keepers of the Wisdom Heroes Group General schedule

*Phase 3 patients only (Staff reserves the right to adjust the Group Schedule as necessary)