

Hemet Valley Recovery Center Residential Services (Sage Retreat) – Program Schedule Revised 1-12-2021

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 (West Room)	Codependency (West Room)	12-Step Study (West Room)	Meditation (East Room)	12-Step Zoom Meeting West Room	12-Step Zoom Meeting West Room
			----- Chronic Pain 9:00 – 11:00 (East Room)				
10:00	Grief Group (East Room)	Holistic Therapy (East Room)	12- Step Study	Living Sober (West Room)	CD Lecture (West Room)	Chores / Assignments	Community Time
			----- Chronic Pain (Cont.) 9:00 -11:00 (East Room)	----- Chronic Pain (Cont) 9:00 -11:00 (East Room)			
11:00	Experiential Group (West Room)	Relapse Prevention or Healthy Lifestyles (West Room)	CD Lecture	Self-Awareness (West Room)	Future Keepers (Dining Room)	Spirituality (East Room)	
	----- Keepers of the Wisdom (East Room)		----- Future Keepers	----- Keepers of the Wisdom (East Room)	----- Commitment to Sobriety (West Room)		
	----- Heroes Group (Art Room)	----- Heroes 1:1's	----- Heroes Group (Art Room)	----- Heroes 1:1's	----- Heroes Group (East Room)		
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 ----- Heroes 1:1's	1:30 – 3:30 Men's Inspiration (West Room) Women's Empowerment (East Room)	1:30-3:00 Pills Anonymous (West Room)	NA Panel 2:00 – 3:00 ----- Chores Assignments
3:15	Personal Recovery Plan (West Room)	Recreation	Assignments	Recreation	4:15 – 4:50 Yoga (East Room)	3:00 – 5:00 FaceTime Appointments	Wrap it Up/ Visiting
4:15	4:15 – 4:50 Yoga (East Room)	4:15 – 4:50 Yoga (East Room)	4:15 – 4:50 Yoga (East Room)	Community Meeting (Great Room)			
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 (Great Room)
7:00	Relapse Prevention (East Room)	Family of Origin (East Room)	Let Go, Let God (East Room)	Assignments/ Journaling	Assignments/ Journaling	Sober Fun! (East Room)	