

## Hemet Valley Recovery Center – Program Schedule – Revised 7 -12- 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Meditation (East Room)	Holistic Therapy (West Room)  Pain Group (East Room) <b>(9am-12pm)</b> <b>Weeks 2,3,5</b>	Give it Up Get it Back (East Room)  Pain Group (East Room) <b>(9am-12pm)</b>	Self Esteem (West Room)  Pain Group (East Room) <b>(9am-12pm)</b>	Codependency & Integrity (West Room)	12-Step In-service (West Room)	9:30-11:00  12-Step Zoom Meeting (East Room)
10:00	Grief and Trauma (East Room)	NA Meeting (Closed) ( West Room)	12-Step Study/ Just for Today (West Room)	Living Sober (West Room)	Coining/CD Lecture (West Room)	Spirituality (West Room)	
11:00	CD Lecture (West Room) Heroes Group (Art Room) Keepers of the Wisdom (East Room)	Healthy Lifestyles or Relapse Prevention (West Room)	Experiential Group (West Room) Heroes Group (Art Room) Future Keepers (Dining Room)	Personal Recovery Plan (West Room)  Keepers of the Wisdom (Art Room)	Future Keepers (Dining Room) Commitment to Sobriety (Peer Led-West Room) Heroes Group (East Room)	Mindful Movement Saturday Surprise (West Room)	Triggers & Cravings (East Room) Or Zoom Church
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 (East Room) or Women's Empowerment (West Room)	1:30-3:00  12-Step Meeting Peer Led (West Room)	1:30 – 3:00  12-Step Meeting Peer Led (East Room)
3:15	Family of Origin (East Room)	Self-Awareness (East Room)	Recreation (/East Room)	Out Pt Community Mtg (West Room) SAGE Community Mtg (Great Room)			Assignments/ Journaling
4:15	Mindful Movement Strength for the Journey (East Room)	Mindful Movement Happy Heart (East Room)	Mindful Movement Relax and Receive (East Room)	Recreation (East Room)	Recreation (East Room)	Assignments/ Journaling	
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Coining/CD Lecture (East Room)	Talking Circle (East Room)	Zoom H&I Panel (Zoom/East Room)	Zoom Alumni (Zoom Room)	PAWS (Post-Acute Withdrawal Syndrome) (East Room)	Sober Fun!! (East Room)	Movie Night (East Room)
7:00	Relapse Prevention (East Room)	12 Step Book Study (East Room)	Self-Esteem (East Room)	Assignments/ Journaling	Assignments/ Journaling		