

Hemet Valley Recovery Center – Program Schedule – 05/24/24

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Guided Imagery (East Room)	Holistic Therapy (West Room)	Give it Up Get it Back (West Room)	Self Esteem (West Room)	Codependency & Integrity (East Room)	12-Step In-service (West Room)	9:30-11:00 12-Step Zoom Meeting (East Room)
		Pain Group (East Room) (9am-12pm)	Pain Group (East Room) (9am-12pm)	Pain Group (East Room) (9am-12pm)			
10:00	Grief & Trauma (East Room)	Family of Origin (West Room)	12-Step Study/ Just for Today (West Room)	Living Sober (West Room)	Coining/CD Lecture (East Room)	Spirituality (West Room)	
11:00	CD Lecture (West Room) Heroes Group (South Room) Keepers of the Wisdom (Dining Room)	Healthy Lifestyles or Relapse Prevention (West Room)	Experiential Group (West Room) Heroes Group (South Room) Future Keepers (Dining Room)	Personal Recovery Plan (West Room) Keepers of the Wisdom (Dining Room)	Future Keepers (Dining Room) Commitment to Sobriety (Peer Led-West Room) Heroes Group (South 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	1:30-2:45 Primary Groups Men's- (West Room) Women's- (East Room)	1:30-2:45 Primary Groups Men's- (West Room) Women's- (East Room)	1:30-2:45 Primary Groups Men's- (West Room) Women's- (East Room)	1:30-2:45 Primary Groups Men's- (West Room) Women's- (East Room)	1:30-3:30 Men's Inspiration & 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 (East Room)
3:00	Self-Awareness (East Room)	NA Meeting (East Room)	Recreation (East Room)	Out Pt Community Mtg (West Room) SAGE Community Mtg (Great Room)			
4:15	Mindful Movement Strength for the Journey (East Room) Gamblers Anonymous (West Room)	Mindful Movement Happy Heart (East Room)	Mindful Movement Relax and Receive (East Room) Recovery Comedy (West 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)	Guided Meditation (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)	AA H&I Panel (East Room)	Let Go Let God (East Room)	Assignments/ Journaling	Assignments/ Journaling		