

Hemet Valley Recovery Center – Program Schedule – revised 09/02/2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Check In (East Room)	Holistic Therapy (West Room)	Give it Up Get it Back (West Room)	Self Esteem (West Room)	Check Out (East Room)	Mindful Movement Saturday Surprise (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	Guided Imagery	Family of Origin (West Room)	Just for Today (West Room)	Living Sober (West Room)	Codependency & Integrity (East Room)	Spirituality (West Room)	
11:00	CD Lecture (West Room) Keepers of the Wisdom (Dining Room)	Healthy Lifestyles or Relapse Prevention (West Room)	Experiential Group (West Room) Future Keepers (Dining Room)	Personal Recovery Plan (West Room) Keepers of the Wisdom (Dining Room)	Coining/CD Lecture (East Room)	12-Step In-service (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)			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/Continuing Care	Dinner	Dinner	Dinner
6:00	H & I Panel (East Room)	Talking Circle (East Room)	12-Step Study (East Room)	Zoom Alumni (Zoom Room)	PAWS (Post-Acute Withdrawal Syndrome) (East Room)	Sober Fun!! (East Room)	Movie Night (East Room)
7:00	Coining/Relapse Prevention (East Room)	AA H&I Panel (East Room)	Let Go Let God (East Room)	Assignments/ Journaling	Assignments/ Journaling		