SANFORD HOUSE

Weekly Schedule : Monday _____ Sunday _____

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Rise & Shine Medications	Rise & Shine Medications	Rise & Shine Medications	Rise & Shine Medications	Rise & Shine Medications	Rise & Shine Medications	Rise & Shine Medications
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 AM	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
9:00 AM	Relationships	Seeking Safety	Health and Wellness	Personal Strength & Empowerment	Prevention	New Life Patterns	Spirituality
10:30 AM	Group Activity		Group Activity	Group Activity	Group Activity		
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 PM	Medications	Medications	Medications	Medications	Medications	Medications	Medications
1:00 PM	Family Dynamics	Coping with Stress	Self Care in Recovery	Life Story - Sharing	Skills in Motion for Recovery	Afternoon Activities	Afternoon Activities
2:30 PM	Tea Time	Tea Time	Tea Time	Tea Time	Tea Time	Tea Time	Tea Time
3:30 PM	Recreation	Personal Time Homework	Recreation	Personal Time Homework	Recreation	Recreation	Group Activity
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:45 PM	Medications	Medications	Medications	Medications	Medications	Medications	Medications
7:00 PM	Family Group	Outside Support Group	Carriage House Guest Speaker	Outside Support Group	Outside Support Group	Outside Support Group	Carriage House Movie Night
9:30 PM	Medications	Medications	Medications	Medications	Medications	Medications	Medications
10:00 PM	Gratitudes	Gratitudes	Gratitudes	Gratitudes	Gratitudes	Gratitudes	Gratitudes