

First Step Center Residential Treatment Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am	Wake Up/Shower	Wake Up/Shower	Wake Up/Shower	Wake Up/Shower	Wake Up/Shower	Wake Up/Shower	Wake Up/Shower
6:30-8:00	Medications/ vitals	Medications/ vitals	Medications/ vitals	Medications/ vitals	Medications/ vitals	Medications/ vitals	Medications/ vitals
7:00-8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15-8:45am	Morning Intention Setting and Meditation	Morning Intention Setting and Meditation	Morning Intention Setting and Meditation	Morning Intention Setting and Meditation	Morning Intention Setting and Meditation	Morning Intention Setting and Meditation	Weekly Reflections
9:00-11:00am	Boundaries/ Communication KM	Equine CV	DBT CV	Family/Relationships Group KM	Music therapy CV	Community activity CV	Spirituality group/ Church option KM
11:00-12:00pm	Yoga	Communication Center/ 1:1/Therapy homework	Communication Center/ 1:1/Therapy homework	Communication Center/ 1:1/Therapy homework	Communication Center/ 1:1/Therapy homework	Community activity CV	Communication Center/ 1:1/Therapy homework
11:30-12:30pm	(12:00)Lunch/ Clean up	Lunch/ Clean up	Lunch/ Clean up	Lunch/ Clean up	Lunch/ Clean up	Lunch/ Clean up	Lunch/ Clean up
Various		Exercise 1-2 Staffing	12:30-1:30p Accupuncture	Yoga 12:30-1:30	Exercise 1-2		
1:30-3:00pm	ACT group KM	Client Check-ins CV, KM	House Meeting CV/KM	2pm Creative group KM	Emotions and Human Needs CV	Relapse Prevention CV	Visiting Hours 1:30pm-5:00pm KM
3:00--3:15pm	Snack/Medications	Snack/Medications	Snack/Medications	Snack/Medications	Snack/Medications	Snack/Medications	Snack/Medications
3:30-5:00pm	Nutrition education group	CoDA KM	Nurse/medical group	Grief and Trauma CV	Nutrition coaching group	Step CV	Visiting Hours
5:00-6:00pm	Communication Center/ 1:1/Therapy homework	Communication Center/ 1:1/Therapy homework	Communication Center/ 1:1/Therapy homework	Communication Center/ 1:1/Therapy homework	Communication Center/ 1:1/Therapy homework	Personal time	Visiting Hours
5:30-6:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00-9:00pm	Community 12 step meeting	Community 12 step meeting	Community 12 step meeting	Community 12 step meeting	Community 12 step meeting	Community 12 step meeting	Community 12 step meeting
9:00-9:30pm	Daily Gratitude Meeting	Daily Gratitude Meeting	Daily Gratitude Meeting	Daily Gratitude Meeting	Daily Gratitude Meeting	Daily Gratitude Meeting	Daily Gratitude Meeting
9:30-10:00pm	Snack/Medications	Snack/Medications	Snack/Medications	Snack/Medications	Snack/Medications	Snack/Medications	Snack/Medications
10:00pm	Bedtime	Bedtime	Bedtime	Bedtime	Prepare for Bed	Prepare for Bed	Bedtime
10:30pm					Bedtime	Bedtime	

Smoking is a PRIVILEGE which is permitted after meals and snacks are completed and clean up. Smoking must end once group sessions are scheduled to begin.

UPDATED August 22, 2019