

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00-9:30 AM	Check In Group	Check In Group	Check In Group	Check In Group	Check In Group	* Reflection Time * Homework	* Reflection Time * Homework
9:40-11:00 AM	Process Group	Process Group	Process Group	Process Group	Process Group	Weekend Group	Weekend Group
11:10-12:00 PM	Education Session	Education Session	Education Session	Education Session	Education Session	Education Session	Spiritual Celebration
12:00-1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-3:00 PM	* One to One *Homework *Reflection time	*One to One *Homework *Reflection time	* One to One *Homework *Reflection time *Yoga 1:45	*One to One *Homework *Reflection time	* One to One *Homework *Reflection time *Yoga 1:00	*Homework * Personal Time *Family time	Family Education 1:00 PM
							*Homework * Personal Time *Family time
3:00-4:00 PM	Education Session	Community Meeting	<u>Gender Group</u> Males Females Yoga	Leisure Education or Activity	Recovery Movie	*Homework * Personal Time *Family time	*Homework * Personal Time *Family time
4:00-6:00 PM	*One to One * Personal time	*One to One * Personal time	*One to One * Personal time	*One to One * Personal time	*One to One * Personal time		* Reflection Time * Homework
6:00-7:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00-9:00 PM	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	Homework/ Reflection	Weekend Review
9:00-11:00 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time

revised 07/14

MEALS ARE IN THE DINING ROOM IN THE MAIN BUILDING

****Weekend group includes all residents on property**

Medication times:

Morning meds: 7:00-8:45 am

Lunch meds: 11:30 am-12:45 pm

Please ensure you are on time for your medication due to the importance of time specific release of certain medications.

Dinner meds: 5:00-6:00 pm

Bedtime meds: 9:00-10:00 pm

Meeting times and locations:

Monday -AA meeting in Bala. Taxi pick up at nurses station at 7:30 pm

Tuesday - Bi-monthly NA meeting on site in OJ room at 8:00 pm

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Wednesday -NAAA meeting in Gravenhurst. Taxi pick up at nurses station at 7:00 pm

Thursday - AA meeting on site in OJ room beginning at 8:00 pm

Friday- AA meeting in Port Carling. Taxi pick up at nurses station at 7:30 pm

2nd Sunday of each month Cocaine Anonymous is on site for meeting in OJ room at 7:00 pm

NOTE: Yoga room is located in the fitness centre on property

One to One's are with primary therapist and they will inform you of meeting location