The Restoration Inn

Weekly Schedule

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Early Morning | Exercise and/or Self-Care | Exercise and/or Self-Care | Exercise and/or Self-Care | Exercise and/or Self-Care | Exercise and/or Self-Care | Exercise and/or Self-Care | Exercise and/or Self-Care |
| 8:00 – 8:30 | Light Breakfast | Light Breakfast | Light Breakfast | Light Breakfast | Light Breakfast | Breakfast | Breakfast |
| 8:30 – 9:00 | Self-Care | Self-Care | Self-Care | Self-Care | Self-Care | Self-Care | Self-Care |
| 9:00 – 10:30 | Relationships | Somatic Healing | Somatic Healing | Somatic Healing | Somatic Healing | Outdoor Activity |  |
| 10:30 – 11:00 | Snack | Snack | Snack | Snack | Snack | Snack | Snack |
| 11:00 – 12:00 | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration |  |  |
| 12:00 – 1:00 | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | SMART Recovery Meeting |  |
| 1:00 – 2:00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 2:00 – 3:00 | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration |  | Family Visits / Outings |
| 3:00 – 4:00 | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | Individual Session or Integration | YMCA |
| 4:00 – 5:00 | Insights/Progress Group  (4:00-4:30) | Insights/Progress Group | Insights/Progress Group  (4:00-4:30) | Insights/Progress Group | Insights/Progress Group |
| 5:00 – 6:00 | YMCA  (4:30-6:00) | Directed Journaling and Projects | YMCA  (4:30-6:00) | Expressive Arts Therapy | Directed Journaling and Projects |  |
| 6:00 – 7:00 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner / Exposure Outing |
| 7:00 – 9:00 | Movie Night | Art Group | Music Group | SMART Recovery Meeting | CODA |  |
| 9:00 – 9:30 | Individual Breathe and Body Work | Individual Breathe and Body Work | Individual Breathe and Body Work | Individual Breathe and Body Work | Individual Breathe and Body Work | Individual Breathe and Body Work | Writing Reflection on Outing |
| 9:30 – 10:00 | Self-Care and Sleep Routine | Self-Care and Sleep Routine | Self-Care and Sleep Routine | Self-Care and Sleep Routine | Self-Care and Sleep Routine | Self-Care and Sleep Routine | Self-Care and Sleep Routine |