

## Shorewood House Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:45am	Wake up quiet time, reflections	Wake up quiet time, reflections	Wake up quiet time, reflections	Wake up quiet time, reflections	Wake up quiet time, reflections	Wake up by 9:30	Wake up by 9:30
7:45- 8:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8:30-10:00am	Group PC* Process and goal setting	Group PC* Process and goal setting	Group PC* Process and goal setting	Group PC* Process and goal setting	Group PC* Process and goal setting	Breakfast 9:00-10:00am	Breakfast 9:00-10:00am
10:30am-12:00pm	Group PC* Helping women recover	DBT	Seeking Safety	Experiential Therapies **	Art Therapy	Activities – Field trips or Passes until dinner	Activities – Field trips or Passes until dinner
12:00-1:00pm	Lunch STAFFING	Lunch	Lunch	Lunch	Lunch		
1:00-2:30pm	Experiential Therapies **	Experiential Therapies **	Recovery Management PC*	DBT	Group PC * Process		
2:30-4:30pm	Individual work and individual sessions	Individual work and individual sessions	Individual work and individual sessions	Individual work and individual sessions	Individual work and individual sessions		
5:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Order in dinner	Group cook dinner
6:00pm	Free time and self-help groups	Free time and self-help groups	Free time and self-help groups	Free time and self-help groups	Free time and self-help groups		
9:00pm	Reflection / review daily goals	Reflection / review daily goals	Reflection / review daily goals	Reflection / review daily goals	Reflection / review daily goals	Reflection / review daily goals	Reflection / review daily goals

\*Primary Counselor

\*\* Experiential Therapies: yoga, movement, dance, mindfulness walking etc.