c.a.r.e
addiction recover

PTA / CARE Daily Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:00	Goals Group	Specialty Groups ED/CD/Gambling	Specialty Groups ED/CD/Gambling	Meditation on the Beach	Mindful Breakfast / GA		
10:10 - 11:00	Anger Management	Creative Arts	Group Acupuncture	Meditation on the Beach	Psycho-Drama Group	Grocery Shopping	Spirituality Group
11:10 - 12:00	Group Acupuncture / EMDR	Creative Arts	Relationship Group	Meditation on the Beach	Psycho-Drama Group		**Lunch**
12:00 - 1:00	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	Outside Meeting	1*2*3 Group
1:00 - 1:50	Spirituality Group	Group Acupuncture	Primary Group	Family Systems	Group Acupuncture / EMDR	**Lunch**	Apartment Cleaning
2:00 - 2:50	Journaling Group	Primary Group	Primary Group	Primary Group	Work Out	Relapse Prevention	Apartment Cleaning
3:00 - 3:50	Work Out	Primary Group	Work Out	Primary Group	Goals Group / Weekly Wrap Up	Laundry	Apartment Cleaning
4:00 - 5:00	1*2*3 Group	Yoga	Gender Group	Inner Child Group	Clean Up		Beach
7:00 - 10:00	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting