c.a.r.e.
addiction recovery

PTA / CARE Daily Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:00	Community Meeting Gary	Speciality Groups ED/CD/Gambling	Speciality Groups ED/CD/Gambling	Acupuncture Sue	Exercises in Recovery Max		
10:15 - 11:00	Acupuncture Sue	Creative Arts Delores	Switching Addictions/ Relapse Prevention Jodie	Recreation Therapy Ed	Work Out Pervis	Relapse Prevention Gary	
11:15 - 12:00	Psychological Education Craig	Creative Arts Delores	Acupuncture Sue	Exercises in Recovery Shelley	Acupuncture Sue	Outside Meeting	Planed Activites , Passes & Outside Meetings Throughout the Day
12:15 - 1:00	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	**Lunch**	
1:00 - 2:00	12 Steps Jodie	Family Systems Shelly	HIV/Nutrition/ Spirituality Group Etty/Cathy/Gerline	Anger Management Phil	Psycho-Drama Natasha	Relapse Prevention Gary	
2:00 - 3:00	Work Out Pervis	Yoga Ed	Work Out Pervis	Relaxation/Meditation Craig	Psycho-Drama Natasha	Return to Residence	
3:00 - 4:00	Primary Group Craig / Phil	Life Skills Phil	Primary Group Craig / Phil	Primary Group Craig / Phil	Gender Group Phil / Natasha		
4:00 - 5:00	Primary Group Craig / Phil	Praise & Poke Max	Primary Group Craig / Phil	Primary Group Craig / Phil	Gender Group Phil / Natasha		
7:00 - 10:00	Community & Support Group	Community & Support Group	Community & Support Group	Community & Support Group	Community & Support Group	Community & Support Group	Community & Support Group