

PHASE TWO SCHEDULE

All Groups in Room #7 Unless Otherwise Noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Testing OR AM Reflection 8:30 – 8:50 AM		Testing OR AM Reflection 8:30 – 8:50 AM	Testing OR AM Reflection 8:30 – 8:50 AM	Testing OR AM Reflection 8:30 – 8:50 AM		
Break 8:50-9:00		Break 8:50-9:00	Break 8:50-9:00	Break 8:50-9:00		
9:00-9:30 AM Community Meeting		9:00-9:30 AM Community Meeting	9:00-9:30 AM Community Meeting	9:00-9:30 AM Community Meeting	9:00-9:45 AM Community Meeting	9:00-10:15 AM Community Meeting
Break 9:30-9:45		Break 9:30-9:45	Break 9:30-9:45	Break 9:30-9:45	Break 9:45-10:00	
9:45-11:00 AM Drug/Alcohol History		9:45-11:00 AM Drug/Alcohol History	9:45-11:00 AM Drug/Alcohol History	9:45-11:00 AM Drug/Alcohol History	10:00-11:00 AM	Outside Meeting on your own (REQUIRED)
Break 11:00-11:15	1:00-1:30 PM Community Meeting Rm #5	Break 11:00-11:15	Break 11:00-11:15	Break 11:00-11:15	LifeRing Rm 9 Or AA Rm 5 (REQUIRED)	
11:15-12:00 Nutrition	Break 1:30-1:45	11:15-12:00 Movement	11:15-12:00 Movement	11:15-12:00 Movement		
12-12:30 Lunch	1:45-3:00 PM Drug/Alcohol History Group	12-12:30 Lunch	12-12:30 Lunch	12-12:30 Lunch		
12:30-1:30 Outside Meeting or Acupuncture	Break 3:00-3:15	12:30-1:30 Outside Meeting or Acupuncture	12:30-1:30 Outside Meeting	12:30-1:30 Outside Meeting or Acupuncture or Smoking Cessation		
1:30-2:15 PM Recovery Education	3:15-4:15 PM Women Rm 6 /Men's Rm 7	1:30-2:15 PM Recovery Education	1:30-2:15 PM Recovery Education	1:30-2:15 PM Recovery Education		ATTENDANCE HOTLINE 510-251-3964
Break 2:15-2:30	Break 4:15-4:30					
Break 2:15-2:30	4:30-5:15 PM Good-Bye	Break 2:15-2:30	Break 2:15-2:30	Break 2:15-2:30		
Break 2:15-2:30	Break 5:15-5:30					
2:30-3:30 PM Women Rm6 /Men's Rm7 Young Adult Rm 8***	5:30-6:25 PM Friends & Family Group	2:30-3:30 PM Women Rm 6 Men's Rm 7	2:30-3:30 PM Women Rm 6 Men's Rm 7	2:30-3:30 PM Women Rm 6 Men's Rm 7		
3:45-4:15 PM Topic & Good-Bye	6:35-7:30 PM NA (Rm 5) or LifeRing (Rm 3) (REQUIRED)	3:45-4:15 PM Topic & Good-Bye	3:45-4:15 PM Topic & Good-Bye	3:45-4:15 PM Topic & Good-Bye 4:15-5:15 Young Adult Rm 8		

Effective 8/8/15

*****YOUNG ADULT GROUP ON MONDAYS MANDATORY FOR ALL PATIENTS AGES 18-26**