

## THREE TREES SAMPLE PROGRAM SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:30am	Breakfast @ House	Breakfast @ House	Breakfast @ House	Breakfast @ House	Breakfast @ House	Breakfast @ House	Breakfast @ House
8:00am	Meal Process	Meal Process	Meal Process	Meal Process & Daily Goal Setting	Meal Process	Meal Process	Meal Process
8:15am	Break	Beach Physical Activity (*) /Meditation (Followed by Daily Goal Setting)	Break	Beach Physical Activity (*) /Meditation (Followed by Daily Goal Setting)	Break	Meditation/Daily Goal Setting	Meditation/Daily Goal Setting
8:30am	Travel to Facility		Travel to Facility		Travel to Facility		
9:15am	Meditation/Daily Goal Setting	Cooking Class @ Housing	Meditation/Daily Goal Setting	Break	Meditation/Daily Goal Setting	Beach Yoga (*) (9:15-10:15)	Outside spiritual meetings
9:30am	Community Weekend Process Group		DBT		CBT		
10am				Travel to Facility			
10:30am	Snack	Snack	Snack	Snack	Snack	Snack	Snack
10:45am	Experiential Group	Supervised Grocery Trip (*)	Healthy Relationships/Codependency	Mindfulness	Family Relationships	Coping Skills (10:45-11:45)	Guided Imagery
11:30am	Coping Skills		GRP 1: Substance Abuse Workshop/ GRP 2: Cross Addiction	Somatic Experience	Honor Your Body		
12:30pm	Lunch	Lunch @ Housing	Lunch	Meal Exposure Outing (*)	Lunch	Lunch	Lunch
1:00pm	Meal Process	Travel to Facility	Meal Process		Meal Process	Meal Process	Meal Process
1:15pm	Break	Break	Break	Break	Break	Break	Break
1:30pm	Emotional IQ/Awareness/Engagement	Trauma Group	Shame & Resilience	Nutrition Education	Relapse Prevention	Dolphin Therapy/Equine Therapy/Paddleboarding/ (alternates weekly) (*)	Self Care Trip (hair/nails)
2:30pm	Motivation Monday	Skill Building "Theme"	"My Story Group"	Physical Symptom Mgmt	Expressive Art Therapy		
3:15pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:30pm	Travel To Housing	A.C.T	Travel To Housing	Spirituality	Grocery Shopping Trip (*)	(activities alternate weekly; weather applicable)	Free Time/ Family Visits
4pm	Break/Reflection	Snack	Break/Reflection				
4:30pm		Break		Travel to Housing	Travel to Housing	Reflection/ Homework	
5pm	Physical Activity/Reflection (*)	Dinner/ Prep for Lunch	Physical Activity/Reflection (*)	Break/Reflection/ Homework	Break/Reflection/ Homework		
5:45pm	Dinner/ Prep for Lunch	Dinner/ Prep for Lunch	Dinner	Dinner/ Prep for Lunch	Dinner	Dinner	Sunday Group Beach Cookout
6:30pm	Meal Process	Meal Process	Meal Process	Meal Process	Meal Process	Meal Process	Daily Wind Down
6:45	Reflection/Beach/ Pool/Free Time	Reflection/Beach/ Pool/Free Time	Reflection/Pool/ Free Time	Reflection/Beach/ Pool/Free Time	Reflection/Beach/ Pool/Free Time	Bonfire Weekly Reflection	Free Time
7:15pm			Beach Yoga (*)				
8:15pm	Daily Wind Down	Daily Wind Down	Daily Wind Down	Daily Wind Down	Daily Wind Down		
8:30-8:45pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
8:45-10:30pm	Free Time	<b>Outside Meeting</b>	Free Time	Free Time	Free Time	Movie Night	Homework/ Reflection
10:30pm	Lights Out		Lights Out	Lights Out			Lights Out
11:30pm					Lights Out	Lights Out	

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dependent on  
individual  
needs