HOPE BY THE SEA MEN'S ALTERNATIVE TREATMENT SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 6:45	**Training on Self-Administration of Medication**	**Training on Self-Administration of Medication**	**Training on Self-Administration of Medication**	**Training on Self-Administration of Medication**	**Training on Self-Administration of Medication**	**Training on Self-Administration of Medication**	
7am- 7:45 am	**Gratitude Work** Room B (Will/Frank)	**Gratitude Work** Room B (Will/Frank)	**Gratitude Work** Room B (Will/Frank)	**Gratitude Work** Room B (Will/Frank)	**Gratitude Work** Room B (Will/Frank)	**Meal Planning and Preparation**	**Training on Self-Administration of Medication**
8am- 8:50 am	**The Work** Room B (Frank)	**Guided Imagery** Room B (Helene)	**The Work** Room B (Frank)	**Guided Imagery** Room B (Helene)	**Grief and Loss** Group # 2 Room C (Dr. S) **Physiological Effects** Group # 1 Room A (Pete)	**Family Group 9:00am-10:30am**	**Meal Planning and Preparation**
9am-9:50	**Coping Skills** Group # 2 Room C (Nicole) **TFCBT** Group #1 Room A (Julianne)	**Family Systems** Group# 1 Room A (Helene) **The Work** Group #2 Room C (Frank, Amanda)	**TFCBT** Group # 2 Room A (Julianne) **Coping Skills** Group #1 Room C (Nicole)	**Family Systems** Group# 2 Room A (Helene) **The Work** Group #1 Room C (Frank, Julianne)	**Psycho Education** Group #1 Room A (Helene) **Physiological Effects** Group #2 Room B (Matt)		**House Keeping and Maintenance Skills**
10am - 10:50	**Psycho Drama** Group # 1 Room C (Frank, Amanda) **Family Sculpture Group #2** Room A (Victoria)	**Psycho Education** Group# 2 Room A (Dr. S) **Grief and Loss** Group# 1 Room C (Andrea)	**Psycho Drama** Group # 2 Room C (Frank,Will) **Family Sculpture** Group #1 Room A (Victoria)	**Art Therapy** Group #2 Room C (Andrea) **Anger Management** Group #1 Room A (Dr. S)	**Art Therapy** Group # 1 Room C (Andrea) **Anger Management** Group # 2 Room A (Dr. S)	**Visiting**	**Yoga / Church / 12 Step**
11- 12:15pm		**The Work** Group #1 Room A (Frank, Amanda) **Yoga** Group # 2 Room C (Kristen)		**The Work** Group #2 Room A (Frank, Amanda) **Yoga** Group # 1 Room C (Kristen)	**Core Group Clients meet with Case Manager**		**Family Visit**
12:15-12:45	*LUNCH*	*LUNCH*	*LUNCH*	*LUNCH*	*LUNCH*		**Visiting**
2pm-2:50	**House Keeping / Maintence Skills**	**House Keeping / Maintence Skills**	**House Keeping / Maintence Skills**	**House Keeping / Maintence Skills**	**House Keeping / Maintence Skills**		
3pm-3:50	**LM / Cascada Gym**	**LM / Cascada Gym**	**LM / Cascada Gym**	**LM / Cascada Gym**	**Development of Community Living Skills Meeting**		
4pm-4:50	**SJC / RC2 Gym**	**SJC / RC2 Gym**	**SJC / RC2 Gym**	**SJC / RC2 Gym**	**Development of Community Living Skills Meeting**		
5- 5:50pm	**Meal Preparation and Menu Planning**	**Meal Preparation and Menu Planning**	**Meal Preparation and Menu Planning**	**Meal Preparation and Menu Planning**	**Meal Preparation and Menu Planning**		
6 -7:30pm	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Smart Recovery**	**Dinner**
7:30 -9:30pm	**Smart Recovery**	**Smart Recovery**	**In Home Assignments**	**Meditation**	**Outside Meeting**	**Development of Community Living Skills Meeting**	**Development of Community Living Skills Meeting**
10:00 PM	**Lights Out**	**Lights Out**	**Lights Out**	**Lights Out**	**Lights Out**	**Lights Out**	**Lights Out**