HOPE BY THE SEA WOMEN'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**	**Training on Self-Administration of Medication**
7am-8:30	**Meditation**	**Meditation**	**In Home Assignment**	**Meditation**	**Meal Planning & Preparation**	**Meal Planning & Preparation**	**Meal Planning & Preparation**
9am - 10am	**Women's Gym**	**Women's Gym**	**Women's Gym**	**Women's Gym**	**Clean Up / Chores**	**Multi-Family Group 11:00-12:30pm**	**Yoga, Church Or 12 Step Meeting**
10-12pm	**Clean Up / Chores**	**Clean Up / Chores**	**Clean Up / Chores**	**Clean Up / Chores**	**Clean Up / Chores**		
12:30 - 1:30pm	**Gratitude Work** Room C (Will)	**Gratitude Work** Room C (Will)	**Gratitude Work** Room C (Will)	**Gratitude Work** Room C (Will)	**Gratitude Work** Room C (Will)		
1:30-2pm	*LUNCH*	*LUNCH*	*LUNCH*	*LUNCH*	*LUNCH*	**Family Visit**	**Family Visit**
2pm-2:50	**The Work** Room B (Frank)	**Guided Imagery** Room B (Helene)	**The Work** Room B (Frank)	**Coping Skills/Relaxation** Room C (Helene)	**Psycho Education** Group #1 Room A (Helene) **Boundaries** Group #2 Room B (Matt)		
3pm-3:50	**TFCBT** Group #1 Room B (Julianne) **Coping Skills** Group #2 Room C (Wendi)	**The Work** Group #1 Room C (Frank, Amanda) **Family Systems** Group #2 Room B (Helene)	**TFCBT** Group #2 Room B (Julianne) **Coping Skills** Group #1 Room C (Wendi)	**The Work** Group #2 Room C (Frank, Amanda) **Family Systems** Group #1 Room B (Helene)	**Core Group Clients meet with Case Manager**		
4pm-4:50	**Psycho Drama** Group #1 Room A (Frank, Amanda) **Yoga / Meditation** Group #2 Room C (Kristen)	**Positive Transformation** Group #1 Room A (Andrea) **Family Sculpture** Group #2 Room C (Victoria)	**Psycho Drama** Group #2 Room A (Frank, Amanda) **Yoga / Meditation** Group #1 Room C (Kristen)	**Positive Transformation** Group #2 Room A (Andrea) **Family Sculpture** Group #1 Room C (Victoria)	**Psycho Education** Group #2 Room A (Helene) **Boundaries** Group #1 Room B (Jose)		
5pm- 5:50		**The Work** Group #2 Room A (Frank, Andrea) **Physiological Effects** Group #1 Room C (Wendi)		**The Work** Group #1 Room A (Frank, Andrea) **Physiological Effects** Group #2 Room C (Wendi)	**Dinner**		**Development of Community Living Skills Meeting**
6 -7:30pm	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Outside Meeting**	**Outside Meeting**	**Dinner**
7:30 -9:30pm	**Development of Community Living Skills Meeting**	**Development of Community Living Skills Meeting**	**Development of Community Living Skills Meeting**	**Development of Community Living Skills Meeting**	**Development of Community Living Skills Meeting**	**Development of Community Living Skills Meeting**	**Development of Community Living Skills Meeting**
10pm	**Bed Time**	**Bed Time**	**Bed Time**	**Bed Time**	**Bed Time**	**Bed Time**	**Bed Time**