



Ocean Hills Recovery

Level One Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Wake up/Make bed	Wake up/Make bed	Wake up/Make bed	Wake up/Make bed	Wake up/Make bed		
7am-8am	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting		
8:15am	Return home Breakfast	Return home Breakfast	Return home Breakfast	Return home Breakfast	Return home Breakfast	Wake up/Make bed	Wake up/Make bed
9:15am-9:45am	Meditation Complete Chores	Meditation Complete Chores	Meditation Complete Chores	Meditation Complete Chores	Meditation Complete Chores	Deep clean house	Softball game 1x per month
10am-11:30am	Group Art Therapy or Psychoeducation	Group Twelve Step Big Book Study	Group Family Dynamics Process Work	Group Accountability	Group Family Dynamics Process Work	Group 11:30AM Risk & Protective Factors OR Family Group 10AM to 6PM alternating weeks	House Chore completed by noon
11:30am-12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch
12:30pm-2pm	Group Gender Process Men & Women	Yoga	Group Psychoeducation	Group Creative Imagery & Meditation	Group Team Building Recovery Concept	Exercise/Gym	Group Twelve Step Guest Speaker H & I Panel
2pm-3:30pm	Exercise/gym	Free Time	Exercise/gym	Beach or Group Outing	Complete White Book Assignments	Free Time	Free time
5pm	Free time		Free time				
6pm	Dinner	Dinner	Dinner	Dinner	Outside AA/NA/CA Meeting as a group	Dinner	Dinner
6:30pm-9:30pm	Outside AA/NA/CA Meeting as a group	Outside AA/NA/CA Gender Specific Meetings Men & Women	Outside AA/NA/CA Meeting as a group	Outside AA/NA/CA Meeting as a group	Pizza or Taco Party	Outside AA/NA/CA Meeting	Outside AA/NA/CA Meeting
9:30pm-10pm	Mandatory House Meeting All Residents	Rest TV Journal, Etc.	Rest TV Journal, Etc.	Rest TV Journal, Etc.	Rest TV Journal, Etc.		
11pm	Bed	Bed	Bed	Bed	Bed	Bed	Bed

