

ZION RECOVERY SERVICES, INC.

DAILY SCHEDULE

TIME:	MONDAY THROUGH FRIDAY	SATURDAY	SUNDAY
6:00 AM	WAKE-UP	7:00 AM -- WAKE-UP	7:00 AM -- WAKE-UP
6:00-7:00 AM	DAILY LIVING SKILLS/SHOWER	7:00-8:00 AM -- DAILY LIVING SKILLS/SHOWER	7:00-8:00 AM – DAILY LIVING SKILLS/SHOWER
7:00-7:45 AM	BREAKFAST	8:00 AM – BREAKFAST	8:00-8:45 AM -- BREAKFAST
7:45-8:00 AM	Daily Reading Group	9:00-10:00 video group	845-9:00 AM – SUPPLIES FROM OFFICE
8:00-9:15 AM	WELLNESS DEVELOPMENT GROUP (M,T,W,F) Parenting Class (Thurs)	10:15-11:00 AM-- study time/ exercise	9:00-10:30 Bible study at church (optional)
9:15-10:15 AM	ASSIGNMENT GROUP	11:00-12:00 lunch	10:30-12:00 PM Church (optional)
10:30-11:00 AM	EXERCISE	12:00-12:45 PM 12 Step Review	
11:00-12:00 AM	Lunch		
12:00-12:45 PM	Co-occurring Group (M,T,Thur) Trauma Informed Group (W) Smoking Cessation Education (Friday) .	12:45-1:00 PM – SUPPLIES FROM OFFICE	11:00-12:00 PM – LUNCH
12:45-1:00 PM	PREPARE FOR AFTERNOON GROUPS	1:00-2:00 PM – UNIT CLEAN-UP	12:00-1:00 PM – SUPPLIES FROM OFFICE/ study time
1:00-2:00 PM	ASSIGNMENT GROUP Lecture (Client Choice) (Friday)	2:30-3:30 PM – EXERCISE	1:00-4:00 – FREE TIME – FAMILY VISITATION
2:15-3.30 PM	Dialectical Behavioral Therapy (M-Thur) 12-Step Review (Friday)	3:30-4:30 PM – Reflections	4:30-5:00 supper
3:30-4:30 PM	Stage of Change/Reflections Bible Study (Friday)	4:30-5:30 PM – supper	5:30-5:45 PM – supplies from office
4:30-5:00 PM	Supper	5:30-6:30 PM – read from big book	5:45:-6:45 PM – Study time
5:00-6:00 PM	EXERCISE	6:30-7:00 PM – SUPPLIES FROM OFFICE	7:00-8:00PM – lounge/ Exercise
6:00-7:00 PM	Study Time/Halfway Daily Review Group	7:00-8:00 PM – NA MEETING	8:00-9:00 PM – AA MEETING

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7:00-7:30 PM	SUPPLIES FROM OFFICE		8:00-9:00 PM – STUDY TIME	9:00-9:30 PM – FREE TIME
7:30-8:00 PM	Free Time		9:00-11:00 PM – RECREATIONAL VIDEO	
8:00-9:00 PM	* M-T-W *	* THU/FRI *		
	AA/NA MEETINGS OPEN	Free Time		9:30-10:00 PM – REFLECTIONS
9:00-10:00 PM	SHOWERS/Study Time		11:00 PM – LIGHTS OUT IN DORMS – BEDTIME	10:00 PM –LIGHTS OUT IN DORMS -- BEDTIME
10:00 PM	LIGHTS OUT IN DORMS - BEDTIME			

Revised 5/04/17