



## WEEKDAY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wake-up	Wake-up	Wake-up	Wake-up	Wake-up
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Morning Reflection	Morning Reflection	Morning Reflection	Morning Reflection	Morning Reflection
Exercise	Exercise	Exercise	Exercise	Exercise
Group Therapy	Workshop	Group Therapy	Workshop	Spirituality Workshop
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Recovery Workshop	Development	Workshop	Big Book Study/ Case Conferences	Free Time
DINNER	DINNER	DINNER	DINNER	DINNER
Chores	Chores	Chores	Chores	Chores
Meetings and outside workshops	Meetings and outside workshops	Meetings and outside workshops	Meetings and outside workshops	Meetings and outside workshops
Curfew	Curfew	Curfew	Curfew	Curfew

\* Clients are encouraged to rest and relax in mindful ways after participating in programming. Clients do not have to stay onsite during free time but MUST be back at McDougall House by curfew. Clients who do not return or who return having relapsed, will not be admitted.