

The Arbor Women's Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:00-7:30	Prayer & Meditation	Prayer & Meditation	Prayer & Meditation	Prayer & Meditation	Prayer & Meditation
7:30-8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00-8:30	Room Check	Room Check	Room Check	Room Check	Room Check
8:30-9:00	Community	Community	Community	Community	Community
9:15-9:30	Transition to Fitness	Transition to Fitness	Transition to Fitness	Transition to Fitness	Transition to Fitness
9:30-10:30	Fitness	Fitness	Fitness	Fitness	Fitness
10:30-10:45	Transition	Transition	Transition	Transition	Transition
10:45-11:15	Shower / Ready	Shower / Ready	Shower / Ready	Shower / Ready	Shower / Ready
11:30-12:45	Walking the Steps	11:15-12:00 Personal Time, Testing or Indiv Session	Walking the Steps	Personal Time, Testing or Indiv Session	Walking the Steps
		12:00-12:45 Educ. (Bob)			
12:45-1:15	Lunch	Lunch	Lunch	Lunch	Lunch
1:30-1:45	Break	Break	Break	Break	Break
1:45-3:15	Process Group	Process Group	Process Group	Process Group	1:45 - 3:00 Process Group/Experiential
3:15-3:30	Snack	Snack	Snack	Snack	Snack
3:30-4:30	Personal Time, Testing or Indiv Session	Personal Time, Testing or Indiv Session	Personal Time, Testing or Indiv Session	3:45 - 4:30 Education (Dr. Earthman)	3:30-5:00 Equine Assisted Psychotherapy
4:30-5:15	Assignment Writing	Assignment Writing	Assignment Writing	Assignment Writing or 4:30 - 5:00 (1st & 3rd Meeting with Jim)	
5:15-5:45	Dinner	Dinner	Dinner	Dinner	Dinner
5:45-6:15	Clean Up	Clean Up	Clean Up	Clean Up	Clean Up
6:15-7:00	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
7:00-9:30	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	7:00-7:30 Evening Review
9:30-10:00	Evening Review	Evening Review	Evening Review	Evening Review	7:30-10:00 Movie Night
10:00	Bed Time / Lights Out	Bed Time / Lights Out	Bed Time / Lights Out	Bed Time / Lights Out	10:30 Lights Out

The Arbor Women's Program Schedule

Time	Saturday	Sunday
7:30 AM	Wake Up	Wake Up
8:00-8:30	Prayer & Meditation	Prayer & Meditation
8:30-9:00	Breakfast	Breakfast
9:00-9:30	Room Check	Room Check
9:30-10:00	Community	Spiritual Development 9:30-10:30 (in house) 9:00 - 11:00 (off campus)
10:00-11:15	Personal Time	
11:15-12:45	Process Group	Code of Conduct
		Community
12:45-1:30	Lunch	Lunch
1:30-3:00	Personal Time	Personal Time
3:00-5:00	Recreation	Recreation
4:30-5:00	Dinner	Dinner
5:15-5:45	Clean Up	Clean Up
6:00-7:00	Personal Time	Personal Time
7:00-9:30	12 Step Meeting	12 Step Meeting
9:30-10:00	Evening Review	Evening Review
	10:30 Bed Time / Lights Out	10:00 Bed Time Lights Out

**** Sunday activities:**

The first visitation can occur on the 3rd Sunday

following a client being a resident for 30 days.

Visitors are required to attend the Family Education session prior to visiting.

Family Education and Visitation occur on the 3rd Sunday of the month.

*** NOTES:**

Phone usage is on Sundays.

Alpha Stem can be used during 7 - 7:30am Prayer and Meditation

12 step meetings: (3) off property 7:00 - 9:30pm and (3) on property 7:00-9:30pm