

DAY TO DAY SCHEDULE

WAKE UP

MORNING MEDITATION

MEAL: BREAKFAST

INDIVIDUAL THERAPY SESSION

FITNESS:

GYM - M, W & F • Yoga - T & TH

GROUP: PROCESS

MEAL: LUNCH

12 STEP EDUCATION

GROUP: COMMUNITY

FREE TIME

MEAL: DINNER

FREE TIME

90 DAY PROGRAM SCHEDULE

4 Individual Sessions weekly

- Physician(s)
- Individual Therapist
- 12 Step Recovery Manager
- Equine Psychotherapist

Meditation, Yoga & Fitness Plan daily

Meals by Nutritionist daily

12 Step Completion

Comprehensive Aftercare Planning

Gender Specific Treatment

Family Program

Sober Coaching

Experiential Therapy



The Arbor
Behavioral Healthcare

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