

Sample New Start Daily Schedule (Actual schedule subject to change)

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine	Rise & Shine
7:30am	Community Mtg.	Community Mtg.	Community Mtg.	Community Mtg.	Community Mtg.	Community Mtg.	Community Mtg
8:00-8:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am	Break- (after meds)	Break- (after meds)	Break- (after meds)	Break- (after meds)	Break- (after meds)	Break(after meds)	Break(after meds)
9:00-10:00am	Leisure Activities	Leisure Activities	Leisure Activities	Leisure Activities	Leisure Activities	Leisure Activities	Leisure Activities
10:00am	Break	Break	Break	Break	Break	Break	Break
10:30-11:30am	Educational Group	Educational Group	Educational Group	Educational Group	Educational Group	Alumni Mtg @10:30-12pm	Educ. Gp. @10:30-12
11:30am	Break	Break	Break	Break	Break		
11:45am-12:00pm	Treatment Focus	Treatment Focus	Treatment Focus	Treatment Focus	Treatment Focus		
12:25-1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00pm	Break	Break	Break	Break	Break	Break	Break
1:30-2:15pm	Leisure Activities	Leisure Activities	Leisure Activities	Leisure Activities	Leisure Activities	Leisure Activities 1:30-2	Leisure Activities 1:30-2
2:15pm	Individual Work: REBT Exercises	Individual Work: REBT Exercises	Individual Work: REBT Exercises	Individual Work: REBT Exercises	Individual Work: REBT Exercises	Individual Work: REBT Exercises	Individual Work: REBT Exercises
2:45pm	Break	Break	Break	Break	Break	Break	Break
2:45-3:15pm	Community Clean Up	Community Clean Up	Community Clean Up	Community Clean Up	Community Clean Up	Community Clean Up	Community Clean up
3:15-4:15pm	Process Groups	Process Groups	Process Groups	Process Groups	Process Groups	Process Groups	Process Groups
4:15pm	Break	Break	Break	Break	Break	Break	Break
4:30-5:30pm	Journaling & Assignments	Journaling & Assignments	Journaling & Assignments	Journaling & Assignments	Journaling & Assignments	Journaling & Assignments	Journaling & Assignments
5:30-6:10pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15pm	Break	Break	Break	Break	Break	Break	Break
6:30-7:45pm	Assignments	Multi-Family Meeting	Assignments	Assignments	Visiting Hours	Visiting Hours	Visiting Hours
7:45pm	Break	Break	Break	Break	Break	Break	Break
8:00-9:00pm	12 Step Group	12 Step Group	12 Step roup	12 Step Gp	12 Step Group	12 Step Gp	12 Step Gp
9:00-9:45pm	Community Mtg.	Community Mtg.	Community Mtg.	Community Mtg.	Movie Night	Community Mtg.	Community Mtg
9:45pm	Break	Break	Break	Break	Break	Break	Break
11:00pm	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime-12am	Bedtime	Bedtime