



# The Canyon Treatment Schedule

October 24 to October 30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Wake/Exercise	Wake/Exercise	Wake/Exercise	Wake/Exercise	Wake/Exercise	Sleep In Patient Time Wake	Sleep In Patient Time Wake
7:00 AM	Breakfast/Chores	Breakfast/Chores	Breakfast/Chores	Breakfast/Chores	Breakfast/Chores		
7:30 AM	Patient Time	Patient Time	Patient Time	Patient Time	Patient Time		
8:00 AM	Meditation and Comm. Skills	Meditation and Comm. Skills	Meditation and Comm. Skills	Meditation and Comm. Skills	Meditation and Comm. Skills	Meditation and Comm. Skills	Meditation and Comm. Skills
8:30 AM	DBT Skills	Yoga	Relapse Prevention	DBT Skills	DBT Skills	Community Mtg.	Community Mtg.
9:00 AM						Individual Treatment (Tx) Work Time	Physical Wellness in Nature
9:30 AM	Patient Time	Patient Time	Patient Time	Patient Time	Patient Time		
10:00 AM	Tx Work	Ropes/ Experiential Therapy	Individual Treatment (Tx) Work Time	Equine Assisted Therapy	Tx Work	Psycho-Drama/ Experiential Therapy	Expressive Art Therapy
10:30 AM			Women Physical Wellness				
11:00 AM	Men Physical Wellness				Men Physical Wellness		
11:30 AM	Patient Time				Patient Time		
12:00 PM	Patient Time	Patient Time Lunch/Chores	Patient Time Lunch/Chores	Patient Time Lunch/Chores	Reflections and Re- Commitment	Patient Time Lunch/Chores	Patient Time Lunch/Chores
12:30 PM	Lunch/Chores						
1:00 PM	Spirituality Group	Patient Time	Patient Time	Community Feedback and Problem Solving		Anger Management	Family Visiting (Men's House Only)
1:30 PM							
2:00 PM		Rational Emotive Behavior Therapy	Somatic Experiencing	Patient Time	Patient Time	Patient Time	Patient Time
2:30 PM	Patient Time						
3:00 PM	Tx Work	Tx Work	Tx Work	Tx Work	Tx Work	Tx Work	Tx Work
3:30 PM							
4:00 PM	Men Gym	Men Gym	Men Gym	Men Gym	Men Gym	Men Gym	Men Gym
4:30 PM	Patient Time						
5:00 PM	Primary Therapy W	Primary Therapy Co	Primary Therapy W	Primary Therapy M	Managing Mood Disorders	Primary Therapy Co	Primary Therapy M
5:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 PM	Patient Time	Patient Time	Patient Time	Patient Time	Combined Gender Kinect Time	Combined Gender Game Time	Comm. 12-Step Meeting
6:30 PM							
7:00 PM	Cliff House AA Speaker Meeting	Comm. 12-Step Meeting	Comm. 12-Step Meeting	Comm. 12-Step Meeting	Relaxation Skills	Comm. 12-Step Meeting	Pt. Time
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM	Patient Time						
9:30 PM	Personal Inventory	Personal Inventory	Personal Inventory	Personal Inventory	Personal Inventory		Personal Inventory
10:00 PM	Patient Time / Journal	Patient Time / Journal	Patient Time / Journal	Patient Time / Journal	Patient Time / Journal	In House Movie/ Patient Time	Patient Time / Journal
10:30 PM							
11:00 PM	Lights Out	Lights Out	Lights Out	Lights Out			Lights Out
11:30 PM	Group held at Casa Angeles		Group held onsite in Special Location				
	Group held at Casa Azul		Standard inhouse group/activity				
12:00 AM	Group held at offsite location		Patient Time / Meals		Lights Out	Lights Out	

**Key**