De Novo Treatment Centre – Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks
7:20am	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks	Wake-up Knocks
8:15am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am	Chores and Clean Room	Chores and Clean Room	Chores and Clean Room	Chores and Clean Room	Chores and Clean Room	Chores and Clean Room	Chores and Clean Room
9:15am	**Group** Break @ 10:00-10:15am	**Group** Break @ 10:00-10:15am	**Group** Break @ 10:00-10:15am	**Group** Break @ 10:00-10:15am	**Group** Break @ 10:00-10:15am	**Group** Break @ 10:00-10:15am	**Group - Optional 9:15-10:15am**
10:50am	N/A	N/A	N/A	N/A	N/A	N/A	Off Property AA Meeting - Optional (11am)
12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch (@ 12:15pm)
1:15pm	**Group** Break @ 2:00-2:15pm	**Group** Break @ 2:00-2:15pm	**Group** Break @ 2:00-2:15pm	**Group** Break @ 2:00-2:15pm	**TBD Activity** Optional / Week 2 Mandatory	**Group** Break @ 2:00-2:15pm	**Group** Break @ 2:00-2:15pm
3:00/3:30pm	Walk Optional @ 3:30pm	Walk Optional @ 3:30pm	PAWS Optional @ 3:30pm	**Group** @ 3:30-4:30pm	Walk Optional @ 3:30pm	Walk Optional @ 3:30pm	Walk Optional @ 3:30pm
5:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Evening	**In House Comm Led AA Meeting Mandatory @ 8:00pm** Snack 7:00-8:00pm	**Online Comm Led AA Meeting Mandatory @ 7:00pm** Snack 7:00-8:00pm	Meditation Optional @ 7pm / In House Client Led CA Meeting Optional @ 8:30pm Snack 7:00-8:00pm	**In House Client Led NA - Mandatory @ 7:00pm** Snack 7:00-8:00pm	In House Client Led NA Meeting - Optional @ 7:00pm Snack 7:00-8:00pm	Online Comm Led CA Meeting - Optional @ 8:00pm Snack 7:00-8:00pm	Snack 7:00-8:00pm
11:00pm	TV OFF	TV OFF	TV OFF	TV OFF	TV OFF (12am)	TV OFF (12am)	TV OFF