

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Morning Reflection and/or Meditation	Morning Reflection and/or Meditation	Morning Reflection and/or Meditation	Morning Reflection and/or Meditation	Morning Reflection and/or Meditation	Morning Reflection and/or Meditation	Personal time
8:00 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	Self-Serve Breakfast	Self-Serve Breakfast
9:00 AM	Check-in and Review	Check-in and Review	Check-in and Review	Check-in and Review	Check-in and Review	Self-Review/Check-in	Self-Review/Check-in
9:45 AM	Weekend Review	Process Group	Process Group	Process Group	Weekend Plans	Personal time	Personal time
11:00 AM	Individual Counselling	Individual Counselling	Individual Counselling	Individual Counselling	Individual Counselling	BRUNCH	BRUNCH
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Outings with Staff	Recreation Therapy
1:00 PM	Workshop (Life Skills or Addiction Specific)	Workshop	Art Therapy	Workshop	Workshop		
3:00 PM	Psycho-Educational Group	Group		Self-Awareness	Health, Fitness and Nutrition Group		
4:00 PM	Mindfulness Meditation Group	Recreation/ Personal Time	Personal Time	Acu Detox	Personal Time	Gym with Staff	
5:30 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
7:00 PM	Homework Discussion or Group	Gym, Self-Help Meeting, Hydro Therapy Pool	Seasonal Yoga	Gym, Self-Help Meeting, Hydro Therapy Pool	Gym, Self-Help Meeting, Hydro Therapy Pool	Self-Help Meeting or Hydro Therapy Pool	QUIET TIME
			Alt. Gym & Self Help Meeting				
10:30 PM	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	

*This is what a typical week at **Irving House Addiction Treatment Centre** will look like.
The schedule can and will change based upon a variety of factors including availability of guest lecturers and client's individual treatment plans.*