

HARMONY HOUSE DAILY SCHEDULE

** INDIVIDUAL COUNSELLING SESSIONS PER APPOINTMENTS THROUGHOUT EACH DAY

	MON **		TUE **		WED **		THU **		FRI **
08:00	Serenity	08:00	Serenity	08:00	Serenity	08:00	Serenity	08:00	Serenity
08:30	Breakfast	08:30	Breakfast	08:30	Breakfast	08:30	Breakfast	08:30	Breakfast
09:00	Housekeeping	09:00	Big Book	09:00	Housekeeping	09:00	Housekeeping	09:00	Housekeeping
09:30	Therapeutic Duties		Patrick	09:30	Therapeutic Duties	09:30	Therapeutic Duties	09:30	Therapeutic Duties
		10:00	Housekeeping						
10:15	Break	10:15	Break	10:15	Break	10:15	Break	10:15	Break
10:30	Working with creativity Nick	10:30	Therapeutic Duties	10:30	Self-Esteem+Process Mini Groups - Nick or Peer Driven	10:30	Spirituality/Ritual Janese	10:30	Spirituality Father Harry
11:00		11:00	Lifestory						
11:30	Break						Break	11:30	Break
12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
12:20	Break	12:20	Break	12:20	Break	12:20	Break	12:20	Break
				12:45	Meditation Janese			12:30	Goals and Objectives 12-Step Steven
13:30	Stepwork	13:30	Life Skills/World Issues Residents & [Gordon]	13:45	Break	13:30	Mini Group Peer Driven	14:00	Team Building Ayanda
		14:15	Break	14:00	Stepwork			15:15	Break
14:45	Break	14:30	Gender Group Males - Gordon Females - Janese	15:00	Eating Disorder Group or P&D Liesl/Alex/Nick	14:30	Stepwork	16:00	World of Recovery Experience, Strength and Hope Francesco
15:00	Psycho-education Alex								
		15:30	Break	16:00	Break	16:00	Break		
16:05	Housekeeping	16:05	Housekeeping	16:05	Housekeeping	16:05	Housekeeping		
16:30	Group Therapy Alex / Nick	16:30	Group Therapy Alex / Nick	16:30	Group Therapy Alex / Nick / Janese	16:30	Group Therapy Alex / Nick	17:00	Break
17:30	Break	17:30	Break	17:30	Break	17:30	Break		
18:00	Dinner	18:00	Dinner	18:00	Dinner	18:00	Dinner	18:00	Dinner
18:30	Fellowship meetings/ Stepwork	18:30	Fellowship meetings/ Stepwork	18:30	Fellowship meetings/ Stepwork	18:30	Fellowship meetings/ Stepwork	18:30	Fellowship meetings/ Stepwork
22:30	Curfew	22:30	Curfew	22:30	Curfew	22:30	Curfew	22:30	Curfew
24:00	Lights out midnight	24:00	Lights out midnight	24:00	Lights out midnight	24:00	Lights out midnight	01:30	Lights out 01:30am

SATURDAY: Aftercare, then community activity

SUNDAY EVE: Group debriefing - weekend experience - curfew 22:30 - lights out 24:00