



RESIDENT SCHEDULE - MEN

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	PaRC Aftercare for PaRC alum	
9:00 AM	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	<div>Do Something That Supports Recovery!</div> <div>Be Of Service To Your Fellows: VOLUNTEER!</div>	
Get Busy Living!	NO TV from 9AM to 4:30PM unless you are on a day off from work. At HEM Men we work on developing healthy, productive behavior. The healthy behavior expected of you is to be busy working on your life goals, ie: creating / updating a resume, job search, work with a sponsor or doing step work, volunteering, anything productive toward goals! Facebook & YouTube don't count!!						
4:00 PM	"Half Measures Aailed Us Nothing!"						HEM AA Meeting
6:30 PM	Resident Prepared Dinner	Resident Prepared Dinner	Resident Prepared Dinner	Resident Prepared Dinner	Fridays & Saturdays dinner on your own; House Food Available		Resident Prepared Dinner Chores Completed by 6:30PM
7:00 PM							
7:30PM							House Meeting 7:30PM
8:00 PM	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	
9:00 PM	"Get Connected!"			* Recovery Coaching With HEM Staff * Step Work With Your Sponsor			
9:45 PM	CURFEW	Wrap-Up & CURFEW	CURFEW	Wrap-Up & CURFEW			CURFEW
11:00 PM							
12:00 AM	Up to Private Areas Sundays thru Thursdays				Curfew (pre 5th Step)		Up to Private Areas Suns thru Thurs
1:00 AM	Lights Out Sundays thru Thursdays				Curfew (post 5th Step) Up To Private Areas Fridays & Saturdays		Lights Out Sundays thru Thursdays
2:00 AM					Lights Out Fridays & Saturdays		