



RESIDENT SCHEDULE - WOMEN

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up		
9:00 AM	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	PaRC Aftercare for PaRC alum	
10:00 AM	<p>* At HEM-Women we work on developing a healthy lifestyle empowered by the Spiritual Principles of Recovery</p> <p>* Recovery Coaching - weekly meetings with each resident to support any positive change, helping persons to avoid relapse, build community support for recovery, and work on life goals such as relationships, work, education etc. Recovery coaching is action oriented with an emphasis on improving resident's present life and helping them identify and reach goals for the future.</p> <p>* Possibilities: Step Work with your Sponsor, Meetings, Chores, Exercising, Job Hunting, Therapy, Cooking, and any other productive activity that fosters your life goals</p>						
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							In-house Alumni & Sponsor Book Study
5:00 PM							
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
7:30 PM		1st four Thursdays: Relationship and Life-Skills Education Group		1st & 3rd Thursdays: Nutrition Education Group			House Meeting
8:00 PM	12 Step Meeting		12 Step Meeting		12 Step Meeting	12 Step Meeting	
9:45 PM	CURFEW	Wrap-Up & CURFEW	CURFEW	Wrap-Up & CURFEW			CURFEW
10:00 PM							
11:00 PM							
12:00 AM					CURFEW	CURFEW	

Jobs, events, school, etc. must be scheduled around the Tuesday and Thursday groups and house meetings