

## Women's House Two-Week Orientation Outline:

### *A Model For A Personal Recovery Lifestyle*

	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	
9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:30	Room Checks/ Med Disbursement	House Meeting	House Meeting	House Meeting	House Meeting	Volunteer/ Service	Read/ Work on Spiritual Connection	
10:00	Gym/Physical Activity	Room Checks/ Med Disbursement	Room Checks/ Med Disbursement	Room Checks/ Med Disbursement	Room Checks/ Med Disbursement			
10:30		Gym/Physical Activity	Gym/Physical Activity	Gym/Physical Activity	Gym/Physical Activity	Gym/Physical Activity	Grocery Shop	Journal
11:00			Journal or Read	Med Disbursement	Med Disbursement	Med Disbursement	Med Disbursement	Med Disbursement
11:30	Journal or Read	Noon Meeting/Personal Appointments		Noon Meeting/Personal Appointments	"Karate Kid" Group	Noon Meeting/Personal Appointments	Work on Personal Contract	Work on Personal Contract
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30		Work on Personal Contract	Volunteer/ Service	Work on Personal Contract	Gym/Physical Activity	Orientation Group	Gym/Physical Activity	Gym/Physical Activity
1:00	Women's Personal Recovery Group		Research Employment Opportunities	Journal or Read	Volunteer/ Service	One-on-One's	One-on-One's	One-on-One's
1:30		Journal	Volunteer/ Service	Journal or Read	Research Employment Opportunities	Visit with Family or Friends	"Deep Clean"	
2:00	One-on-One's	One-on-One's						
2:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
3:00		12-Step Meeting**	12-Step Meeting**	12-Step Meeting**	12-Step Meeting**	12-Step Meeting**	12-Step Meeting**	12-Step Meeting**
3:30	Read/ Work on Spiritual Connection		Fellowshipping	Read/ Work on Spiritual Connection	Fellowshipping	Read/ Work on Spiritual Connection	Read/ Work on Spiritual Connection	Fellowshipping
4:00	Read/ Work on Spiritual Connection	Read	Read/ Work on Spiritual Connection	Read	Read/ Work on Spiritual Connection	Read/ Work on Spiritual Connection	Read	
4:30								
5:00								
5:30								
6:00								
6:30								
7:00								
7:30								
8:00								
8:30								
9:00								
9:30								
10:00								
10:30								

\*Monday is the day to focus on your recovery while the PR staff has their meetings. PR Staff does not provide transportation on Mondays.

\*\*During the evening, house members will be attending 12 step meetings. Meeting schedules posted on the refrigerator.

\*\*\*Pink cells are required activities facilitated by Project Recovery