**Springhill Treatment Centre Programme**

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| **Time** | **Monday** | | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 6.00 | 1st opportunity to get up | | | | | | |  | |
| 6.30 | Wake up call | | | | | | |
| 6.45 | Breakfast | | | | | | |
| 7.00 | Medications/chores | | | | | | |
| 7.30 | Morning inventory | | | | | | |
| 7.45 | Morning meeting/General Business | | | | | | |
| 8.00– 8.45 | Morning walk / Reading | | | | | | | 8.00 Wake Up  8.15 Breakfast  8.30 Chores/ Meds | |
| 8.45 | Break | | | | | | |
| 9.00 -10.30 | Weekend and Process Group | | Process Group  (from 9-10 if Life Story following) | | | | Process Group  10.15 Graduation | 9.00 Morning plan meeting | |
| 9.15 Work Therapy | 9.15 Free time |
| 10.30 | Break | | | | | | | Break | 10.30-11.30 AA/NA/Meeting Church or study |
| 11.00 | Recovery Action | | Life Story  (10.30-12.00) | | Life Story 10.30 (or educational group) | Life Story 10.30 (or Recovery Action) | Recovery Action | 11.00 Supervised Walk |
| 12.00 | Lunch(12.30-1.00 visitors) | | | | Long Lunch  (12.30-1.30 visitors) | Lunch(12.30-1.00 visitors) | | 12.00 Lunch  12.30-4.00pm leave, visitors or study, games, TV | 12.00 – 12.30 Lunch or Picnic  12.30-3.00 Group Activity/Outing, visitors, TV |
| 1.00 | Gender Group | | Family Systems Group | Springhill Orientation | 1.30-2.30  Community Connections | Dealing With Distress | Creative Therapy |
| 2.00 | Break / 1:1 | | | | | | Break | |
| 3.00 | Mental Health | Anger Manage-ment | Mindfulness | | Peer Group | Sports | Free time/ study/exercise | 3.30 Start roast | 3.00 -4.00 pm  Free time |
| 4.00-  5.00 | Study/Talk with Therapist | | Free time/study/exercise/visitors | | | | | Prepare Roast | Prepare BBQ |
| 5.15 | Evening house meeting | | | | | | | | |
| 5.30 | Dinner/TV/ free time  Introductions | | Dinner/TV/free time | | | | | | |
| 7.00-8.30 | AA / NA or study - no TV | | NA, big book, or study | | NA, Buddha or study | AA / NA or study | NA or free time | TV, movie/free time, exercise | First impressions, exercise |
| 8.30-10.00 | Break -activities- art games reading quiet time, study etc | | 15 minute break then activities- art games reading quiet time study etc | | | Last Impressions  then activities- art games reading quiet time study etc | TV or  DVD | TV movie/Free time | Creative time, TV, Art, reading, group game |
| Bed | 10.00 | | | | | | 11.00 | | 10.00 |
| Lights Out | 10.30 | | | | | | 11.30 | | 10.30 |

08/01/18