

Wilderness Treatment Center Sample Therapy Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
a.m.							
7:00	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP/FREE
8:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
9:00	CHORES	CHORES	CHORES	CHORES	CHORES	CHORES	
10:00	MORNING MEDITATION	MORNING MEDITATION	MORNING MEDITATION	MORNING MEDITATION	MORNING MEDITATION	MORNING MEDITATION	BRUNCH AND FREE TIME
11:00	PSYCHOEDUCATIONAL LECTURE	PSYCHOEDUCATIONAL LECTURE	PSYCHOEDUCATIONAL LECTURE	PSYCHOEDUCATIONAL LECTURE	PSYCHOEDUCATIONAL LECTURE	PSYCHOEDUCATIONAL LECTURE	
12:00	GROUP THERAPY	GROUP THERAPY	GROUP THERAPY	GROUP THERAPY	WORK THERAPY	WORK THERAPY	MORNING MEDITATION
1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	ORGANIZED RECREATIONAL THERAPY
2:00	INDIVIDUAL COUNSELING	INDIVIDUAL COUNSELING	INDIVIDUAL COUNSELING	INDIVIDUAL COUNSELING	WORK THERAPY	WORK THERAPY	
3:00	STEP GROUP THERAPY	STEP GROUP THERAPY	COMMUNITY	RECREATION THERAPY			
4:00	INDIVIDUAL COUNSEL	INDIVIDUAL COUNSEL	INDIVIDUAL COUNSEL	INDIVIDUAL COUNSEL			
5:00	PSYCHOEDUCATIONAL LECTURE	PSYCHOEDUCATIONAL LECTURE	PSYCHOEDUCATIONAL LECTURE	PSYCHOEDUCATIONAL LECTURE	DINNER	DINNER	INDIVIDUAL ASSIGNMENTS
6:00	FREE	FREE	FREE	FREE			
7:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	FREE
8:00	FREE	FREE	FREE	FREE	FREE ORGANIZED ENTERTAINMENT	AA MEETING KALISPELL/ON-SITE	AA SPEAKER ON-SITE AA MEETING
9:00	NARCOTICS ANONYMOUS	BIG BOOK STUDY	AA MEETING KALISPELL/ON-SITE	BIG BOOK STUDY			
10:00	FREE	FREE	FREE	FREE	FREE	FREE	FREE
11:00	IN-CABIN	IN-CABIN	IN-CABIN	IN-CABIN	IN-CABIN	IN-CABIN	IN-CABIN
p.m.	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT

