

## COTTONWOOD DE TUCSON - ADULT PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
New Patient Orientation	New Patient Orientation	New Patient Orientation	New Patient Orientation	New Patient Orientation
6:30-12:30 Healing Hike				
6:40 – 7:00 Meditation		6:40 – 7:00 Meditation		6:40 – 7:00 Meditation
7:00 – 8:00 Barn Time	7:00 – 8:00 Barn Time	7:00 – 8:00 Barn Time		
7:00 – 8:30 Breakfast	7:00 – 8:30 Breakfast	7:00 – 8:30 Breakfast	7:00 – 8:30 Breakfast	7:00 – 8:30 Breakfast
	7:00 – 8:00 Vinyasa Yoga	7:00 – 8:00 Vinyasa Yoga	7:00 – 8:00 Vinyasa Yoga	
8:00 – 9:00 Intro to EMDR				
8:00 – 12:45 EMDR 1:1 Appointments	8:00 – 12:45 EMDR 1:1 Appointments			
	8:15 – 9:15 Tai Chi		8:30 – 11:00 Rocks & Ropes	
8:15 – 3:30 Family Program	8:15 – 3:30 Family Program	9:00 – 4:00 Family Program	8:30 – 3:30 Family Program	9:00 – 1:30 Family Program
8:30 – 9:15 Lecture: This is Your Brain on Cocaine and Meth	9:00 – 10:15 Introduction to Trauma	8:30 – 9:15 Lecture: Healthy Choices in Recovery	9:00 – 10:15 Trauma & Intimacy	8:30 – 9:15 Lecture: Codependency
	9:00 – 10:45 Equine Assisted Therapy		9:00 – 10:45 Equine Assisted Therapy	9:00 – 10:45 Equine Assisted Therapy
9:45 – 10:45 Core Beliefs: How Not to Get Your Buttons Pushed		9:45 – 10:45 Techniques in Recovery	9:00 – 10:15 Mindful Yoga	9:15 – 9:45 Family Program Orientation
9:45 – 10:45 Young Adult Focus Group	9:30 – 10:30 Self Chi Nei Tsang	9:45 – 10:45 How to Build Healthy Relationships	9:45 – 10:45 Thinking, Feeling, Eating	9:30 – 10:30 Family Program Listwork Instruction
10:30 – 11:30 Family Program Listwork Review	9:30 – 11:00 Challenge Course		10:30 – 11:30 Coping with Trauma	9:45 – 10:45 DBT Mindfulness Skills
11:00 – 11:30 Community Meeting	11:00 – 11:30 Community Meeting	11:00 – 11:30 Community Meeting	11:00 – 11:30 Community Meeting	11:00 – 11:30 Community Meeting

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Monday	Tuesday	Wednesday	Thursday	Friday
11:30 – 11:50 Compassion Meditation		11:30 – 11:50 Compassion Meditation		
11:30 – 1:00 Lunch	11:30 – 1:00 Lunch	11:30 – 1:00 Lunch	11:30 – 1:00 Lunch	11:30 – 1:00 Lunch
	12:30 – 1:00 Treatment Overview	12:30 – 1:00 Peer Advisor Meeting	12:30 – 1:00 Treatment Overview	12:00 – 12:50 Mindful Eating
1:00 – 2:50 Primary Counseling Group	1:00 – 2:50 Primary Counseling Group	1:00 – 2:50 Primary Counseling Group	1:00 – 2:50 Primary Counseling Group	1:00 – 2:50 Primary Counseling Group
3:15 – 4:30 Managing Denial	3:05 – 5:00 Cardio Kickboxing	3:15 – 4:00 Nicotine Cessation	3:05 – 5:00 Cardio Kickboxing	3:15 – 4:00 Identifying Resentment
3:15 – 5:00 Techniques in Therapeutic Journal Writing	3:15 – 4:15 Total Recovery	3:15 – 4:00 Process Addiction: A Look at Disordered Eating	3:15 – 4:30 Four Ways People Heal and Change	3:15 – 4:30 Psychodrama
	3:15 – 4:30 Psychodrama	3:15 – 5:00 Presenting Our Authoritative Selves	3:30 – 4:00 Intro to Equine Assisted Therapy	
	3:15 – 5:00 Relapse Prevention I	3:15 – 5:00 Relapse Prevention II	3:15 – 5:00 Relapse Prevention III	
5:00 – 6:00 Dinner	5:00 – 6:00 Dinner	5:00 – 6:00 Dinner	5:00 – 6:00 Dinner	5:00 – 6:00 Dinner
5:20 Depart AA M.D		5:20 Depart SLAA Meeting	5:30 Depart DA Meeting	5:15 Depart Synagogue
5:25 Depart Lawyer's Recovery		5:45 Depart Nic Anon Meeting	5:30 Depart Sarpashana	
5:50 depart CODA meeting			5:50 Depart SAA	
6:00 – 7:00 Acudetox	6:00 – 7:00 Acudetox	6:00 – 7:00 Acudetox	6:00 – 7:00 Acudetox	6:00 – 7:00 Acudetox
6:00 – 7:00 Spirituality	6:00 – 7:30 BH Process Group	6:00 – 7:30 Spirituality	6:00 – 7:30 Recreation Therapy Young Adult	6:05 Depart 12 Step Meeting
6:00 – 7:00 Defense Mechanisms	6:20 Depart G&L AA	6:50 Depart GA Meeting	6:00 – 7:30 Winding Down	6:00 – 7:30 Depression & Anxiety Group
6:20 Depart Big Book Study	6:30 – 8:00 Anger Management		6:50 Depart Alanon Meeting	
7:30 – 8:30 AA Speaker Meeting	7:35 Depart Young Adult AA	7:45 – 8:45 AA Meeting	7:20 Depart G&L AA	
	8:00 – 8:45 Relaxation & Stress Management		7:45 – 8:45 NA Speaker Meeting	8:00 – 8:45 Relaxation & Stress Management

## COTTONWOOD DE TUCSON - ADULT PROGRAM SCHEDULE

Saturday	Sunday
New Patient Orientation	New Patient Orientation
7:00 – 8:00 Breakfast	6:45 Desert Spirituality Hike
8:15 – 8:45 Community Meeting	7:00 – 8:00 Breakfast
9:00 – 12:00 Outing: Desert Museum	7:00 – 8:30 Barn Time
10:00 – 11:00 Discussion Group	7:35 Depart AA Men's Professional Meeting
11:30 – 1:00 Lunch	9:00 – 10:00 Open AA Meeting
1:00 – 2:30 Anger Management	9:30 – 11:30 Treatment Goals Review
1:30 – 2:30 How to Challenge Feelings of Depression	11:00 – 12:00 OA Meeting
3:00 – 4:00 Taking Charge of Your Life	11:30 – 1:00 Lunch
3:00 – 4:00 Grief Group	12:30 – 1:00 Senior Peer Meeting
3:00 – 4:30 Personal Growth	1:00 – 4:00 Patient Visiting
5:00 – 6:00 Dinner	1:00 – 2:30 Therapeutic Process
5:20 Depart G M AA	5:00 – 6:00 Dinner
6:00 – 7:00 Acudetox	6:00 – 7:00 Community Meeting and Renewal
7:05 Depart YA AA Meeting	6:30 – 7:30 Acudetox
7:30 – 8:30 AA Meeting	8:00- 8:30 Relaxation & Stress Management
	8:30 – 10:30 Movie