COTTONWOOD DE TUCSON – ADOLESCENT PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 – Wake up 7:00 – 7:30 Fitness 7:30 – 8:00 Breakfast	6:45 – Wake up 7:00 – 7:30 Fitness 7:30 – 8:00 Breakfast	6:45 – Wake up 7:00 – 7:30 Fitness 7:30 – 8:00 Breakfast	6:45 – Wake up 7:00 – 7:30 Fitness 7:30 – 8:00 Breakfast	6:45 – Wake up 7:00 – 7:30 Fitness 7:30 – 8:00 Breakfast	7:45 – Wake up 8:00 – 8:30 Breakfast 8:30 – 9:00 Free Time / Self Care	7:45 – Wake up 8:00 – 8:30 Breakfast 8:30 – 9:00 Free Time / Self Care
8:30 – 12:00 School	8:30 – 12:00 School	8:30 – 12:00 School	8:30 – 12:00 School	8:30 – 12:00 School	9:00 – 12:00 Equine Assisted Therapy	9:00 – 11:30 Community Outing/Volunteer work
12:00 – 12:30 Lunch	12:00 – 12:30 Lunch	12:00 – 12:30 Lunch	12:00 – 12:30 Lunch	12:00 – 12:30 Lunch	12:00 – 12:30 Lunch	12:00 – 12:30 Lunch
12:30 – 1:00 – Free time	12:30 – 1:00 – Free time	12:30 – 1:00 Free time	12:30 – 1:00 – Free time	12:30 – 1:00 – Free time	12:30 – 2:00 Room cleanup/chores	
1:00 – 2:30 – Primary Groups	1:00 – 2:30 – 1-1 Office hours	1:00 – 2:30 Primary Groups	1:00 – 2:30 – 1-1 Office hours	1:00 – 2:30 – Primary Groups		1:00 – 4:00 – Family visitation
	1:00 – 2:30 – Recreation Therapy					1:00 – 2:30 – Process Group
	1:00 – 4:30 – Wellness consults, nutrition exercise		1:00 – 4:30 – Wellness consults, nutrition exercise			
2:3 0 – 3:00 Community Meeting	2:30 – 3:00 Community Meeting	2:30 – 3:00 Community Meeting		2:30 – 3:00 Community Meeting	2:30 – 3:00 Community Meeting	2:30 – 4:00 Structured Free time
3:00 – 4:45 Equine Assisted Therapy	3:00 – 4:30 Creativity	3:00 – 4:00 Relapse Prevention Group		3:00 -4:00 Expressive Art Therapy	3:00 – 4:00 Outing, Pool time, recreation group	
						4:00 – 5:00 Volunteer Equine Activity
	4:30 – 5:00 Structured Free time	4:30 – 5:00 Structured Free time	4:30 -5:00 Structured Free time	4:30 – 5:00 Structured Free time		
5:00 -5:30 Dinner	5:00 -5:30 Dinner	5:00 -5:30 Dinner	5:00 -5:30 Dinner	5:00 -5:30 Dinner	5:00 -5:30 Dinner	5:00 -5:30 Dinner
5:30 – 6:00 Structured Free time						
					6:00 – 9:00 movie night	6:00 – 8:30 – Homework/Tx assignments
7:00 – 8:30 AA meeting	7:30 – 8:30 AA speaker meeting	7:00 – 8:30 Alanon (off campus)	7:00 – 8:30 NA meeting	7:00 – 8:30 AA meeting		
9:30 – Lights out	9:30 – Lights out	9:30 – Lights out	9:30 – Lights out	9:30 – Lights out	9:30 – Lights out	9:30 – Lights out