

Typical Cottonwood de Tucson Adult Residential Patient Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 9:00 Breakfast, Cafeteria	7:00 - 9:00 Breakfast, Cafeteria	7:00 - 9:00 Breakfast, Cafeteria	7:00 - 9:00 Breakfast, Cafeteria	7:00 - 9:00 Breakfast, Cafeteria
7:00 - 8:30 Yoga, Willson Hall				
9:00 - 9:30 Community Meeting - All Patients Attend, Willson Hall	8:15 - 8:45 Tai Chi, Lodge	7:00 - 8:30 Yoga flow, Willson Hall		9:00 - 1:30 Family Program - No Patients until 10:30, Family House
9:15 - 3:30 Family Program - No Patients, Family House	8:30 - 3:30 Family Program - No Patients, Family House	8:30 - 3:00 Family Program, Family House	8:30 - 3:30 Family Program, Family House	
9:30 - 10:30 Lecture: Family Rules and Boundaries, Willson Hall	9:00 -9:30 Community Meeting - All Patients Attend, Willson Hall	8:45 - 10:30 Equine Assisted Therapy for Patients, Meet in the Lodge		8:30 - 9:30 Family Program: Next Week's Patients Listwork Instruction, Family House
11:00 - 12:30 Primary Counseling Group - All Patients Attend	9:30 - 10:30 Lecture: Values, Willson Hall	9:00 -9:30 Community Meeting - All Patients Attend, Willson Hall	9:00 - 9:30 Community Meeting - All Patients Attend, Willson Hall	9:00 - 9:30 Community Meeting - All Patients Attend, Willson Hall
12:00 - 1:30 Lunch, Cafeteria	9:15 -12:30 Rocks & Ropes - Lodge	9:30 - 10:30 Lecture: Nutrition in Recovery, Willson Hall	9:30 - 10:30 Lecture: Myers Briggs, Willson Hall	9:30 - 10:30 Lecture: Ask the Psychiatrist, Willson Hall
1:00 - 1:35 Open Swim or Gym Men Only, Pool/Gym			11:00 - 12:30 Primary Counseling Group - All Patients Attend	
	11:00 - 12:30 Open Art Group for Patients not at Rocks and Ropes, Room 501	11:00 - 12:30 Primary Counseling Group - All Patients Attend	12:00 - 1:30 Lunch, Cafeteria	11:00 - 12:30 Primary Counseling Group - All Patients Attend
1:30 - 6:15 EMDR, Room 405 A	12:00 - 1:30 Lunch, Cafeteria	12:00 - 1:30 Lunch, Cafeteria	12:30 - 1:00 Senior Peer Advisor Meeting, Room 211	10:30 - 3:00 Family Program with Patients, Family House
	1:00 - 1:35 Water Aerobics Women Only, Pool		1:00 - 1:35 Water Aerobics Women Only, Pool	12:00 - 1:30 Lunch, Cafeteria
1:45 - 2:45 Body Image Wheel, Lodge			1:30 - 6:15 EMDR, Room 405 A	12:30 - 1:30 Mindful Eating, Tree Room
			1:45 - 2:45 Open Art, Art Room 501	
1:45 - 2:45 The 12 Steps Applied to Behavioral Health Issues, Willson Hall		1:45 - 2:45 Cultivating Self-Compassion, Lodge	1:45 - 2:45 Intro to EMDR, Room 609	1:30 - 1:35 Open Swim Men Only, Pool
1:45 - 2:45 Family Program: This Week's Patients Listwork Review, Family House	1:45 - 2:45 Total Recovery, Willson Hall	1:45 - 2:45 Building Healthy Relationships, Willson Hall	1:45 - 2:45 Jung: The Shadow and Spirituality, Lodge	1:45 - 2:45 Mood Disorders, Willson Hall
	1:45 - 2:45 Experiential Learning, Tree Room			1:45 - 2:45 Improving Your Life, Tree Room
	3:00 - 4:15 Introduction to Trauma (limit 8), Room 506		3:00 - 4:00 Treatment Overview, Tree Room	
3:00 - 4:00 How People Heal and Change, Willson Hall	3:00 - 4:00 A Practical Approach to Affirmations, Lodge	3:00 - 4:00 Regaining Dignity Through Confrontations, Lodge		
3:00 - 4:00 Mandalas, Room 501	3:15 - 4:30 Taking Action, Tree Room		3:00 - 4:00 Healthy Eros and Spirituality, Lodge	3:00 - 4:30 Restorative and Gentle Yoga, Willson Hall
4:30 - 5:00 Stability Training Open to All Patients, Room 502	4:30 - 5:00 Boot Camp All Residents Welcome, Willson Hall	3:00 - 4:00 Mindfulness Stress Reduction, Willson Hall		3:15 - 4:30 Challenging Yourself, Tree Room
	5:00 - 5:10 Abs Express Open to All Residents, Willson Hall		3:15 - 4:15 Trauma and Intimacy, Room 506	3:15 - 4:15 Spirituality, Lodge
			4:30 - 5:00 Kickboxing Open to All Residents, Willson Hall	
	5:00 - 6:00 Dinner, Cafeteria		5:00 - 5:10 Abs Express Open to All Residents, Willson Hall	4:30 - 5:00 Boot Camp Open to All Residents, Willson Hall
5:00 - 6:00 Dinner, Cafeteria	5:00 Women's AA Off Campus, Departs from Nurses' Station	4:30 - 5:00 Fitness Walk Open to All Patients, Room 502	5:00 - 6:00 Dinner Cafeteria	5:00 - 6:00 Dinner, Cafeteria

Monday (Cont.)	Tuesday (Cont.)	Wednesday (Cont.)	Thursday (Cont.)	Friday (Cont.)
	6:00 - 7:30 Yoga, Willson Hall	5:00 - 6:00 Dinner, Cafeteria	5:20 Sarpashana - Departs from Nurses' Station	
6:00 - 7:00 Acudetox, Cactus Room	6:00 - 7:00 Positive Psychology Through Creativity, Lodge	5:40 AA Meeting - Off Campus, Departs from Nurses' Station	6:00 - 7:00 Volleyball Open to All Residents, Volleyball Court	
6:00 - 7:00 Core and More, Willson Hall	6:00 - 7:00 Acudetox, Cactus Room	6:00 - 7:00 Acudetox, Cactus Room	6:00 - 7:00 Bodiliness and Spirituality, Lodge	6:00 - 7:00 Acudetox, Cactus Room
6:00 - 7:00 How to Incorporate Dreams into a Spiritual Practice, Lodge	6:00 - 7:15 Processing the Day, Tree Room	6:00 - 7:00 Switch and Relax Open to All Residents, Willson Hall	6:00 - 7:00 Acudetox, Cactus Room	6:50 NA Meeting - Departs from Nurses' Station
8:00 - 8:30 Wrap Up Group All Residents Attend, Willson Hall	6:00 - 7:00 Volleyball Open to All Residents, Volleyball court	6:00 - 7:00 Program Yourself for Success, Tree Room	6:15 - 7:45 Yoga, Willson Hall	6:00 - 7:15 Behavioral Health Support Group, Tree Room
8:30 - 9:00 PCF Led Activity - Structured Games, Lodge	7:10 YA AA Meeting - Off Campus (18 - 25 Age Group), Departs from Nurses' Station		6:50 AI-anon - Departs from Nurses' Station	6:00 - 6:45 Myofascial Release, Willson Hall
	7:15 - 8:15 PCF Led Activity - TV Documentaries, Willson Hall		7:30 - 8:15 NA Meeting, Willson Hall	7:15 - 8:15 The Trade in Workshop, Tree Room
	7:30 - 8:15 Building Character Strength, Tree Room	8:00 - 8:30 Wrap Up Meeting, Willson Hall	8:00 - 8:30 Wrap Up Meeting, Willson Hall	
	8:30 - 9:00 Wrap Up Meeting, Willson Hall	8:30 - 9:30 PCF Led Activity - Crafts, Lodge	8:30 - 9:30 PCF Led Activity - Music, Willson Hall	8:30 - 9:00 Wrap Up Meeting, Willson Hall
Saturday			Sunday	
7:00 - 8:00 Breakfast, Cafeteria	1:30 - 2:30 Cooking in Seasons with Cottonwood Chefs, Cafeteria		7:00 - 8:00 Breakfast, Cafeteria	1:30 - 2:30 Things to Give Up in Recovery, Room 207
9:00 - 4:30 Massage, Building 600	1:00 - 2:00 Growth Stages and Recovery, Lodge		7:45 Adult Men's AA, Departs from Nurses' Station	1:30 - 2:30 The Use of the Labyrinth as a Spiritual Tool, Lodge
9:00 - 9:30 Community Meeting, Willson Hall	1:00 - 2:00 Positive Psychology at the Movies, Cactus Room		9:00 - 10:00 All Addictions Meeting - 12 Step, Willson Hall	3:00 - 4:00 Personal Growth, Cactus Room
9:30 - 10:30 Relapse Prevention, Lodge	3:00 - 4:00 Kaballah, Lodge		9:30 - 10:30 Guided Imagery Group, Tree Room	3:00 - 4:00 Relapse Prevention, Room 207
9:00 - 9:45 Fitness Walk, Lodge	3:00 - 4:00 Guided Imagery for Self - Actualization, Cactus Room		10:30 - 11:30 Growth and Change, Lodge	4:00 - 4:30 Guided Imagery for Relaxation (Limit 8), Cactus Room
9:30 - 10:00 Treatment Overview, Room 207	5:00 - 5:40 Dinner, Cafeteria			4:00 - 5:00 Labyrinth Building Workshop, Willson Hall
9:30 - 10:15 Intervals and Strength Open to All Patients, Willson Hall	6:00 - 7:00 Religious Services, Willson Hall		11:00 - 12:00 OA Meeting, Family House	6:00 - 7:00 The Use of a Gratitude List, Room 207
10:30 - 11:15 Open Swim Women Only, Pool	6:00 - 7:00 Developing Strategies to Control Urges, Tree Room			6:30 - 7:30 Yoga, Willson Hall
10:45 - 11:45 Discussion Group, Lodge	6:00 - 7:00 Acudetox, Cactus Room		11:30 - 1:00 Lunch, Cafeteria	8:00 - 8:30 Wrap Up Meeting, Willson Hall
10:45 - 11:45 Tie Dye, Art Room 501	6:00 - 7:00 Yoga, Willson Hall			8:30 - 10:30 Movie, Willson Hall
11:15 - 12:00 Open Swim Men Only, Pool	7:30 - 8:15 AA Meeting, Willson Hall		1:00 - 4:00 Patient Visiting & TV/Games for Patients not Having Visitors, Willson Hall	4:00 - 5:00 1:1's, Room 507
11:30 - 1:00 Lunch, Cafeteria	8:30 - 9:00 Wrap Up Meeting, Willson Hall		1:00 - 2:00 Listwork Preparation, Tree Room	