

Oceanaire
Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals	Wake Up/Shower Vitals
7:00-7:30am	Medical Assessment	Food Prep.	Food Prep.	Food Prep.	Food Prep.	Food Prep.	Food Prep.
7:30-8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00-8:15am	Meditation Break	Meditation Break	Meditation Break	Meditation Break	Meditation Break	Meditation Break	Meditation Break
8:15-9:15am	12-Step Philosophy Group	Medical Assessments	Body Movement	Yoga / Body Movement	Walk	Walk	"Just Be"
9:15-10:00am	Yoga		Menu Planning	Menu Planning	Psycho-Education	Art Therapy	Walk
10:00-10:15am	Snack Prep	Snack Prep	Snack Prep	Snack Prep	Snack Prep	Snack Prep	Snack Prep
10:15-10:45am	Snack	Snack	Snack	Snack	Snack	Snack	Snack
10:45-11:30pm	Menu Planning	Process Group	Process Group	Process Group	Process Group	Didactic Group	Assignment Sharing
11:30-12:00pm	Community Meeting						
12:00-12:30pm	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep
12:30-1:00pm	Here & Now Lunch	Lunch	Lunch	Restaurant Outing	Lunch	Here and Now Lunch	Lunch
1:00-1:15pm	Break	Break	Break	Break	Break	Break	Break
1:15-2:15pm	Empowerment Improv	Sexuality Group	Yoga	Body Image Group	CogB Group	Community Outing	Health Education & Assessments
2:15-2:45pm	Snack Prep	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep	Snack Prep.
2:45-3:05pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:15-4:15pm	Nutrition Group	DBT Group	Self-Esteem Group	Coping Skills	Contract Group	Community Outing	Visiting Hours/ Personal Time
4:15-5:15pm	Relapse Prevention	Reflections/Relaxat ion	Journaling	Reflections/Relaxation	Current Events	Community Outing	Visiting Hours/ Free Time
5:15-6:00pm	Journaling	Walk	Pre-Contract Group	Individuals with M.D / Dr. Kim	Journaling	Community Outing	Pampering Group
6:00-6:45pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:45-7:00pm	Break	Break	Break	Break	Break	Break	Break
7:00-8:15pm	Therapy Assignments	Therapy Assignments	Therapy Assignments	Therapy Assignments	Activity Time/ Movie	Activity Time/ Movie	Relaxation / Free Time
8:15-8:30pm	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.	Snack Prep.
8:30-8:50pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
8:50-9:05pm	Break	Break	Break	Break	Break	Break	Break
9:05-9:25pm	Commitments	Commitments	Commitments	Commitments	Commitments	Commitments	Commitments
9:25-11:30pm	Free Time/Bed	Free Time/ Bed	Free Time/Bed	Free Time/Bed	Free Time/Bed	Free Time/Bed	Free Time/Bed