

Inner Harbour Recovery Focus- Phase 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		group meditation	group meditation	group meditation	group meditation	group meditation	
7:30	WOMEN'S DAY	breakfast	breakfast	breakfast	breakfast	breakfast	
8:00							
8:30	group meditation	volunteer/work	volunteer/work	volunteer/work	volunteer/work	volunteer/work	group meditation
9:00	breakfast						breakfast
9:30	exercise/FengShui						
10:00	Voluntary						First Saturday
10:30	Church Services						Volunteer
11:00	AA Meeting						10a-2p
11:30							
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	3rd Saturday
12:30	Individual and						Ropes Course
1:00	group activities						7a-5p
1:30		Living Sober Group					
2:00		to 2:30					
2:30							
3:00							
3:30		Individual sessions	Individual sessions	Individual sessions	Individual sessions	Individual sessions	
4:00		begin	begin	begin	begin	begin	
4:30							
5:00	IH Women's Night:						
5:30	IH speaker	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Independent						Closed Women's
6:30	process	Community Meeting			Weekend Planning	Group Process	Speaker at IH
7:00					Process	Boundaries	
7:30							
8:00							
8:30		12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	
10:30							
11:00	Home	Home	Home	Home	Home		
11:30							
12:00						Home	Home