

## *Inner Harbour Recovery Focus*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		Rise and Shine	Rise and Shine	Rise and Shine	Rise and Shine	Rise and Shine	
7:30	<b>WOMEN'S DAY</b>	Group meditation	Group meditation	Group meditation	Group meditation	Group meditation	
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:30	Group Meditation	<b>Life Skills</b>	<b>Living Sober</b>	<b>Life Skills</b>	<b>Life Skills</b>	<b>Life Skills</b>	group meditation
9:00	Breakfast				Weekend Planning		breakfast
9:30	exercise/FengShui						
10:00	12-Step Meeting or	Leave for Meeting	Leave for Meeting	Leave for Meeting	Leave for Meeting	Leave for Meeting	
10:30	Services	Women's meeting	Women's meeting	Women's meeting	Women's meeting	Women's meeting	
11:00							
11:30	Spiritual Services						FUN sober activity!
12:00	of your choice	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30	any time						Ropes 1x per mo.
1:00		Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	minimum
1:30							
2:00							
2:30		Phone Calls	Appointments	Grocery Shopping			
3:00							
3:30							
4:00		Work Out	Work Out	Work Out	Work Out	Work Out	
4:30							
5:00	Resident speaker	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30							In-House Speaker
6:00	Dinner & weekend	Community Meeting					
6:30	wrap-up					Group Process	Dinner Out
7:00	Cook Out			Women's Way Step		Experiential	Community Choice
7:30	Sponsor Night			Meeting In House			
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