

MCDUGALL HOUSE ASSOCIATION PROGRAM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 A.M.	Wake up	Wake up	Wake up	Wake up	Wake up
7:30 A.M.	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
8:00 – 8:15 A.M.	Morning Reflection	Morning Reflection	Morning Reflection	Morning Reflection	Morning Reflection
8:15 – 8:45 A.M.	Exercise	Exercise	Exercise	Exercise	Exercise
9:00 -11:00 A.M.	Process Group	Workshop	Workshop	Trauma Group	Workshop
12 P.M.	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30 P.M.		CASE CONFERENCE	CASE CONFERENCE	CASE CONFERENCE	
P.M.	1:00 – 4:45 Free time	1:30-3:30 Workshop	1:30-3:30 Workshop	1:30-2:30 Somatics No break 2:30-3:30 Life Skills workshop	1:00-2:45 Spirituality Workshop
5 P.M.	DINNER	DINNER	DINNER	DINNER	DINNER
5:30 – 8:00 P.M.	Chores	Chores	Chores	Chores	Chores
7 – 10 P.M.	Free Time	Free Time	Free Time	Free Time	Free Time
CURFEW	10 p.m.	10 p.m.	10 p.m.	10 p.m.	10 p.m.
LIGHTS OUT	11 p.m.	11 p.m.	11 p.m.	11 p.m.	12 a.m.

	SATURDAY	SUNDAY
A.M.	10:00 A.M. Wake up & Breakfast (on your own)	10 A.M. Wake up & Breakfast (on your own)
	10:30 A.M. Morning Reflection	10:30 A.M. Morning Reflection
12 P.M.	Lunch	Lunch
P.M.	1:00 – 5:00 P.M. Free Time	1:00 – 3:00 P.M. Workshop-Relapse Prevention 3:00 – 5:00 P.M. Free Time
5 P.M.	Supper	Supper
P.M.	5:30 – 9:45 P.M. Free Time	6:00 P.M. Big Book Study In-house Free Time
CURFEW	10 p.m.	10 p.m.
LIGHTS OUT	12 a.m.	11 p.m.