THE RETREAT SOUTH COAST

Weekly Group Schedule

A typical week in residential treatment. Groups are led by licensed and certified clinicians, with time built in for meals, rest and physical wellness.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 9:00 AM	Morning routine & breakfast	Morning routine & breakfast	Morning routine & breakfast	Morning routine & breakfast	Morning routine & breakfast	Morning routine & breakfast	Morning routine & breakfast
9:00 10:30 AM	Daily Reflection	Daily Reflection	Daily Reflection	Daily Reflection	Daily Reflection	Daily Reflection	Holistic Wellness
10:30 12:00 PM	Community Process Group	Matrix Model	Coping Skills: Yoga Begins 10:15 AM	Seeking Safety	Interpersonal Effectiveness	Family Dynamics	Spirituality
12:00 1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 3:00 PM	Biological Responses	Psychodrama	Emotional Sobriety	Relapse Prevention	Addiction Biology	Community Building	Psychoeducation
3:00 3:30 PM	Break	Break	Break	Break	Break	Break	Break
3:30 5:00 PM	Physical Wellness	Health & Wellness	Physical Wellness	Coping Skills: Fighting Chance	Physical Wellness	Coping Skills: Breathwork	Life Skills: Cooking
5:00 6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 8:00 PM	Addiction Education	Addiction Education	Addiction Education	Addiction Education	Addiction Education	Addiction Education	Addiction Education
8:00 10:00 PM	Downtime	Downtime	Downtime	Downtime	Downtime	Downtime	Downtime
11:00 PM	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

Therapy & process groups · Reflection & spirituality · Wellness & life skills · Addiction education · Meals & daily routine

Groups are facilitated by credentialed staff including LMFTs, CADC-IIs, SUDRCs and RADT-Is. The schedule is subject to change based on client needs.