

Sobertec Weekly Intensive Outpatient Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am Wake-Up/Brkfst	7:00am Wake-Up/Brkfst	7:00 Wake-Up/Brkfst	7:00am Wake-Up/Brkfst	7:00 Wake-Up/Brkfst	8:00 Wake-Up/Brkfst	8:00 Wake-Up/Brkfst
8am transport to facility	8am transport to facility	8am transport to facility	8am transport to facility	8am transport to facility	Free Time	Free Time
8:30 - 9:20 am Weekend Check-In	8:30 - 10:20am Room A Men's Process Group	8:30 - 10:20am Marriage/Family Healthy Relationships	8:30 - 10:20am Fitness & Nutrition Men Room A	8:30 - 9:20 am All Client House Mtg. w/ Program Director	10:00am - 4:00pm House Outing Fun in Sobriety	Church (Optional)
Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	House Outing Fun in Sobriety	Free Time
9:30 - 10:20am Chemical Dependency Education	8:30 - 10:20 Room B Women's Process Group	8:30 - 10:20am Marriage/Family Healthy Relationships Room A & B	8:30 - 10:20am Fitness & Nutrition Men Room A Women Room B	9:30 - 10:20am Chemical Dependency Education	House Outing Fun in Sobriety	Free Time
11:00 - 12:00 Lunch 1:00 - 2:30 Gym	11:00 - 12:00 Lunch 1:00 - 2:30 Gym	11:00 - 12:00 Lunch 1:00 - 2:30 Gym	11:00 - 12:00 Lunch 1:00 - 2:30 Gym	11:00 - 12:00 Lunch 1:00 - 2:30 Gym	House Outing Fun in Sobriety	12:00 - 4:00pm Family Visiting
Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions		
4:30 - 5:30pm Relapse Prevention	4:30 - 5:30pm Family Dynamics	4:30 - 5:30pm Anger Management	4:30 - 5:30pm Physiological Effects of Drugs & Alcohol	4:30 - 5:30pm Codependency	4:00pm - 5:00pm House Clean-Up	4:30 - 7:00pm Movie Theater
Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	Counselor & Therapist Individual Sessions	5:00pm - 6:00pm Dinner	7:00pm - 8:30pm House Manager Mtg.
6:00 - 8:00 pm Outside 12-Step Meeting	6:00 - 8:00 pm Outside 12-Step Meeting	6:00 - 8:00 pm Outside 12-Step Meeting	6:00 - 8:00 pm Outside 12-Step Meeting	6:00 - 8:00 pm Outside 12-Step Meeting	6:00 - 8:00 pm Outside 12-Step Meeting	House Manager Mtg.
8:30 - 10:00 pm Journaling/Homework	8:30 - 10:00 pm Journaling/Homework	8:30 - 10:00 pm Journaling/Homework	8:30 - 10:00 pm Journaling/Homework	8:30 - 11:00 pm Journaling/Homework	9:30 - 11 pm Personal Time	8:30 - 10:00 pm Journaling/Homework
11:00 pm lights out	11:00 pm Lights out	11:00 pm Lights out	11:00 pm Lights out	12:00 pm Lights out	12:00 pm Lights out	11:00 pm Lights out

Therapy and case management scheduled weekly