

Phase 1: Stabilization & Containment



Weltevreden Manor

5 Boulder Rd, Marina Da Gama, Cape Town, 7945

+27 21 300 3455

info@libertyhomerehab.com

libertyhomerehab.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 8:00	Serenity Group & Morning Walk						
08:00-08:30	Breakfast						
08:30-09:00	Medication & Therapeutic Duties						
09:00-10:00	Maintenance Group	Yoga	Process Group	9:00 - 11:30 Volunteer work	Recovery Lecture	09:00 - 12:00 Food Distribution	09:00 - 12:00 Outing
10:00-11:00	09:30 - 11:00 Community Group	Board Sayings and Goals	10:00 - 12:00 Outdoors: (always first option) Hike / Beach clean + Coffee		Powerlessnes & Damages		
11:00-12:00	Goals Group				Gender Group		
12:00-12:30	Lunch						
12:30-13:00	Medication & Therapeutic Duties				Medication & Therapeutic Duties		
13:00-14:00	DBT	Family Group	Relapse Prevention / Addiction Theory	Process Group	Client presentation	14:00 - 15:00 Music Group	14:00 - 15:00 Music Group
14:00-15:00	Powerlessness & Damages	Interpersonal Group	Art Therapy	Life Skills	Grocery Shopping		
15:00-16:00	Boxing	Step 1	Cooking Workshop (Chefs)	Movement Therapy		Psych Ed- Nurse / Social Skills	15:00 - 19:00 Visiting Hours / Leisure / Written Work
16:00 - 17:00	ED Community	Life Skills	Written Work Step 1	Recovery Documentary			
17:30-18:00	Dinner						
18:00-19:00	Phone Time 18:00 - 18:45	Medication & Therapeutic Duties	Phone Time 18:00 - 18:45	Medication & Therapeutic Duties	Phone Time 18:00 - 18:45	Medication & Therapeutic Duties	17:00 Dinner: Community Braai + Recovery Share
19:00-20:00	NA Fellowship Meeting	Life Story	AA Fellowship Meeting	Movie Night / Games Night	NA Fellowship Meeting	Movie / Theme Group	
20:00-21:00		Written Work					
21:00-22:00	Medication & Therapeutic Duties						
22:00-23:00	Personal Care						
	Lights Out at 23:00						