

Phase 2: Reintegration with Support



LIBERTYHOME

Weltevreden Manor

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 8:00	Serenity Group and 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 to 12:00 – Food Distribution	
10:00-11:00	Community Group	Board Sayings and Tasks	9:00 - 11:30 Outdoors: (always first option) like / Beach clean + Coffee		Powerless & 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	Addiction Theory & Relapse Prevention	Process Group	Client Presentation	13:00 - 18:00 Visiting Hours / Leisure/Written Work	13:00 - 18:00 Visiting Hours / Leisure/Written Work
14:00-15:00							
15:00-16:00							
16:00-17:00	ED Community						
17:30 - 18:00	Dinner						5PM Dinner: Community Braai + Recovery Share
18:00-19:00		Medication & Therapeutic Duties		Medication & Therapeutic Duties			
19:00-20:00	NA Fellowship Meeting	Life Story	AA Fellowship Meeting	Movie Night / Games Night	NA Fellowship Meeting		
20:00-21:00							
21:00-22:00	Medication & Therapeutic Duties						
22:00-23:00	Personal Care						
	Lights Out at 23:00						