



YOUNG ADULT PROGRAM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	Breakfast/Morning Meditation	Breakfast/Morning Meditation	Breakfast/Morning Meditation	7:45-8:45am HCBTS Staff/Client AA MTG (LOC: ORCA 2)	Breakfast/Morning Meditation
9:00 AM	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group
10:00 AM	10:00-10:50am Psychoeducational Series w/ Dr. Jerry Brown	10:00-10:50am Process Group w/Tony	10:00-10:50am Addictions & Relationships w/ Dr. Pat Allen	10:00-10:50am Process Group w/ Tara	10:15 - 11:15pm Acupuncture Group w/ Gina
11:00 AM	11:00-12:00pm Assignment Group	11:00-12:00pm Educational Group/ Assignments Case Manager	11:00 - 12:00pm AA Book Study/Speaker Series w/Roman	11:00 - 12:00pm Spirituality w/ Mary O'Malley	11:30-12:20pm Educational Group/Assignments Case Manager
12:00 PM	Lunch	Lunch	Lunch	Lunch	
12:30 PM	12:30 - 3:00pm Music Therapy w/ Nate L. in Huntington Beach (Return to Center by 2:45 - 3:00pm) <i>Offsite</i>	Lunch	Lunch	Lunch	Lunch
1:00 PM		1:00pm - 2:00pm Process Group w/ Lisa	1:00pm - 2:00pm Nutrition w/ Dr. I 1:00pm-3:00pm Equine (1st week of the month) w/Tejay & Robin <i>Offsite</i>	1:00pm - 2:00pm Tai Chi w/ Joyce	1:00pm - 2:15pm Relapse Prevention w/ Don Peters
2:00 PM		2:00pm - 3:30pm Yoga w/ Kelly Ann		Break	
2:30 PM				Gym <i>Offsite</i>	Gym <i>Offsite</i>
3:00 PM		Gym <i>Offsite</i>	Gym/Meeting <i>Offsite</i>	Gym/Meeting <i>Offsite</i>	Meeting
3:30 PM	Meeting				
4:00 PM					
4:30 PM					