

**Ridgeview Ranch**  
**Daytime Treatment Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00AM-7:00AM</b>	Wake up	Wake up	Wake up	Wake up	Wake up		
<b>7:00AM</b>	Depart Rose Bowl Walk	Depart Rose Bowl Walk	Depart Rose Bowl Walk	Depart Rose Bowl Walk	Depart Rose Bowl Walk		
<b>8:15AM</b>	Return Rose Bowl Walk	Return Rose Bowl Walk	Return Rose Bowl Walk	Return Rose Bowl Walk	Return Rose Bowl Walk	Wake up	Wake up
<b>8:15AM-9:00AM</b>	Medication/Vitals Breakfast	Medication/Vitals Breakfast	Medication/Vitals Breakfast	Medication/Vitals Breakfast	Medication/Vitals Breakfast	Medication/Vitals Breakfast	Medication/Vitals Breakfast
<b>9:00-10:00AM</b>	Meditation	Meditation	Meditation	Meditation	Meditation		
						Room Checks	Room Checks
<b>10:00-10:30AM</b>	Break	Break	Break	Break	Break		
<b>10:30AM-12:00PM</b>	Process Group	Process Group	Process Group	Process Group	Equine Therapy Process Group	Recovery In The Park NA Mtg	Free Time
<b>12:00PM-12:30PM</b>	Break/ Individual Counseling	Break/ Individual Counseling	Break/ Individual Counseling	Break/ Individual Counseling	Break/ Individual Counseling	10:00-12:00PM	10:00-1:00PM
<b>12:30PM-1:00PM</b>	Lunch Medication	Lunch Medication	Lunch Medication	Lunch Medication	Lunch Medication	Lunch Medication	Lunch Medication
<b>1:00PM-2:00PM</b>	Relapse Prevention	Break Yoga Therapy	House Meeting 1:00PM-2:00PM	Emotional Sobriety	12-Step Presentation	Family Group	Visiting
<b>2:00PM-2:15PM</b>	Break		Break	Break	Break	1:00PM-4:00PM	1:00PM-6:00PM
<b>2:15PM-4:00PM</b>	Hypnotherapy 2:15-3:45PM	1:30-3:00PM	Addiction Education Study Hall 2:15PM-3:15PM	Art Therapy 2:15-3:30PM	Physical Training 2:15-3:45PM		
<b>3:45PM-4:00PM</b>	Break	Break	Break	Break	Break		
<b>4:00PM-5:00PM</b>	Individual Counseling	Individual Counseling	Individual Counseling	Individual Counseling	Individual Counseling	Chore Checks	Chore Checks