

Green Mountain Treatment Center Weekday Schedule - WOMEN

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
6:45 AM	Meditation	Meditation	Meditation	Meditation	Meditation
7:30 - 8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15 - 8:45 AM	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's
8:45 - 9:15 AM	Chores	Chores	Chores	Chores	Chores
9:30 - 11:30 AM	Spiritual Development	Spiritual Development	Spiritual Development	Spiritual Development	Spiritual Development
11:50 - 12:20 PM	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 PM	Meds	Meds	Meds	Meds	Meds
1:00 - 2:30 PM	Group Process	Group Process	Therapeutic Writing 12:45-1:45p	Group Process	Group Process
2:45 - 3:45 PM	Therapeutic Writing	Therapeutic Writing	Health & Wellness 2:00-3:00p	Therapeutic Writing	Therapeutic Writing
4:00 - 5:00 PM	Health & Wellness (Yoga)	Health & Wellness	Group Process 3:15-4:45p	Health & Wellness	Health & Wellness (Yoga)
5:00 - 5:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 PM	Meds	Meds	Meds	Meds	Meds
7:00 - 9:30 PM	Outside Meeting	Outside Meeting	Client Phone Calls/ 8PM In-House Meeting	Outside Meeting	Outside Meeting
9:30 - 10:15 PM	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's
10:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Free Time
11:00 PM					Lights Out

Women's Weekend Schedule

Time	Saturday	Time	Sunday
7:00 AM	Wake Up	7:00 AM	Wake Up
7:15 AM	Meditation	7:15 AM	Meditation
7:30 AM	Chores/Meds	7:30 AM	Chores/Meds
8:00 - 8:30 AM	Breakfast	8:00 - 8:30 AM	Breakfast
		8:45 AM	Depart for Church
9:00 - 10:00 AM	Free Time	9:00 - 10:00 AM	First Congregational Church of Ossipee
10:00 - 10:45 AM	Group with Rex		
11:00 - 11:45 AM	Health & Wellness	10:00 - 11:00 AM	Health & Wellness
11:50 - 12:20 PM	Lunch	11:00 - 11:30 AM	Brunch
12:30 PM	Meds	11:30 PM	Meds
1:00 - 3:00 PM	Outing	12:00 - 1:00 PM	Visitor Orientation
		1:00 - 4:00 PM	Visitation
3:00 - 4:50 PM	Free Time	4:00 - 4:50 PM	Free Time
		4:50 - 5:20 PM	Dinner
5:30 PM	Meds	5:30 PM	Meds
6:00 - 9:00 PM	Client phone calls	5:30 - 7:00 PM	Free Time
		7:00 - 8:00 PM	H & I Commitment
9:30 PM	Meds	9:30 PM	Meds
11:00 PM	Lights out	10:30 PM	Lights Out