New Life Recovery Program
Typical Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45	Wake up	Wake up	Wake up	Wake up	Wake up
6:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:00-7:45	Purpose Driven Life	Purpose Driven Life	Purpose Driven Life	Purpose Driven Life	Purpose Driven Life
8:00-8:30	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
9:00-11:00	YMCA	Celebrate Recovery	Career/Employment Services (phase III-IV)	Genesis Process	Toastmasters 9-10
11:00/Noon	Lunch	Lunch	Lunch	Lunch	Lunch
12:00-1:00			Safe People		Trauma Group
1:00-2:00					
2:00-3:30	Healed by Grace	Staying Sober		Bible Study	
4:30	Dinner	Dinner	Dinner	Dinner	Dinner
6:00-7:00	Thru Bible in 1 yr	Anger Management			
10:00	Lights out	Lights out	Lights out	Lights out	
11:00					Lights out

Purpose Driven Life	6 wks, everyone
Wounded by Shame, Healed by Grace	12 wks, everyone
Staying sober	6 mo, everyone
Anger Management	12 wks, as assigned
Trauma Group	12 wks, as assigned
CES	4 wks, all phase III & IV
Safe People	6 wks, everyone
Genesis Process	20 wks, everyone beyond phase I
Toastmasters	20 wks, everyone
Thru Bible in 1 yr	12 mo, everyone

Chapel Services — Phase I, 5/wk – Phase II, 4/wk – Phase III, 3/wk – Phase IV, 2/wk – restriction, 7/wk

Typically, expect about 25 hrs/wk of work detail, 6 hrs/wk Learning Center, and attendance and participation in all classes assigned. Do not overlap medical apts, counseling, or mentor mtgs w/classes. You may get another programmer to swap a work detail assigned, provided you obtain permission from program staff. Carry your weekly schedule on your person at all times.