



The Canyon Treatment Schedule

Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
6:30 AM	Wake/Exercise	Wake/Exercise	Wake/Exercise	Wake/Exercise	Wake/Exercise	Sleep In	Sleep In						
7:00 AM	Breakfast/Chores	Breakfast/Chores Beach Meditation	Breakfast/Chores	Breakfast/Chores Beach Meditation	Breakfast/Chores	Patient Wake	Patient Wake						
7:30 AM	Patient Time	Patient Time	Patient Time	Patient Time	Patient Time								
8:00 AM	Meditation and Community Mtg.	Meditation and Community Mtg.	Meditation and Community Mtg.	Meditation and Community Mtg.	Meditation Community Mtg.	Breakfast/Chores Meditation	Breakfast/Chores Meditation						
8:30 AM	DBT Skills	Codependency ¹	Yoga	Mindfulness Walk	Relapse Prevention	Community Mtg.	Community Mtg.						
9:00 AM				DBT Skills		Patient Time	Physical Wellness in Nature						
9:30 AM		Patient Time	Patient Time	Patient Time									
10:00 AM	Tx Work/Therapy Time	Ropes/ Experiential Therapy	Individual Treatment (Tx) Work Time	Tx Work/Therapy Time	Equine Therapy	Tx Work	Grief and Loss						
10:30 AM			Women Physical Wellness					Expressive Arts	Women Physical Wellness				
11:00 AM			Men Physical Wellness						Men Physical Wellness				
11:30 AM	Tx work			Patient Time		Therapy Time	Tx Work						
12:00 PM	Patient Time Lunch/Chores	Patient Time Lunch/Chores	Patient Time Lunch/Chores	Patient Time Lunch/Chores		Patient Time/Chores							
12:30 PM						Lunch	Lunch						
1:00 PM	Spirituality	Seeking Safety	Somatic Experiencing	Therapy Time	Tx work	Reflections and Recommitments	Patient Time						
1:30 PM													
2:00 PM													
2:30 PM	Patient Time		Patient Time			Sweat Lodge (Weather Permitting)	Tx Work/Therapy Time						
3:00 PM	Tx Work/Therapy Time	Patient Time	Individual Phys. Well. (W)	Therapy Time/ Cooking Class	Individual Phys. Well. (W)			DBT Skills	Family Visiting (Men's House Only)				
3:30 PM		Individual Phys. Well. (M)	Individual Phys. Well. (M)	Individual Phys. Well. (M)	Patient Time			Individual Phys. Well. (M)					
4:00 PM		Tx work/Therapy Time	Comm. Feedback and Problem Solving	Tx Work	Patient Time	Patient Time	Pt Time						
4:30 PM		Tx Work/Therapy Time	Patient Time	Patient Time									
5:00 PM			Primary Therapy W	Primary Therapy M	Primary Combined	Primary Combined	Primary Combined						
5:30 PM		Dinner/Chores Patient Time	Dinner/Chores Patient Time	Dinner	Dinner/Chores	Dinner/Chores	Dinner/Chores						
6:00 PM	Dinner/Chores Patient Time			Patient Time	Game Time	Individual Phys. Well. (W)	Pt. Time						
6:30 PM		Strength in Recovery	Pt. Time				Individual Phys. Well. (M)	Comm. 12-Step Meeting	Aftercare ²				
7:00 PM							Comm. 12-Step Meeting						
7:30 PM	Onsite Big Book Study	Comm. 12-Step Meeting	Comm. 12-Step Meeting	Brain Strength	Dr Gagne's Lecture Series	Pt. Time	Patient Time						
8:00 PM													
8:30 PM													
9:00 PM	Patient Time				Comm. 12-Step Meeting	Meditation	Patient Time						
9:30 PM					Pt. Time								
10:00 PM	Personal Inventory	Personal Inventory	Personal Inventory	Personal Inventory	Personal Inventory	Personal Inventory	Personal Inventory						
10:30 PM	Patient Time / Journal	Patient Time / Journal	Patient Time / Journal	Patient Time / Journal	Patient Time / Journal	In House Movie/ Patient Time	Patient Time / Journal						
11:00 PM	Lights Out	Lights Out	Lights Out	Lights Out					Lights Out				
Key													
11:30 PM	Group held at Casa Angeles		Group held onsite in Special Location			Patient Time							
	Group held at Casa Azul		Standard inhouse group/activity										
12:00 AM	Group held at offsite location		Patient Time / Meals			Lights Out							

¹Three week rotation of Codependency, Communication and Anger Management

²Two week rotation of Aftercare and Four Agreements

