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PROGRAM AND DAILY SCHEDULE

6:30- 8:00 am- Wake Up Morning Meditation - Read "Daily Reflections", "Just for Today"

***Select or inform Group of meeting or Event for group, later, that evening.

8:00- 9:30 am- Breakfast Prep & Service, Showers - Clients will learn to prepare meals for the Group, and are allotted this Hour to Get a Shower, Eat and Check Job/Work/Training Assignments Schedule & Chores allocation

9:30- 5:00 pm- Work/Job/Training for Day- -Clients will report to Manager for Job/Work/Training Schedule for the week Posted on Sundays (If Possible)
The time allotted is Longer than the General **6-Hour Maximum Workday/Training Hours**

12:30- 1:00 pm- Lunch & Check-in Time- -Clients will eat lunch, on site or dine in the Lunch Meal Prepared by "Kitchen Assignment" Clients
***Kitchen Assignment" refers to a Part of "Basic Life Skills Training", along with Shopping for groceries, clothing, household projects, Repairs & Home Maintenance, Vehicle care & Repairs, Deconstruction, Business Ownership/Entrepreneurship, Lawn & Landscaping..All assignments rotate for each client.

2:30- 5:00 pm- Staff/Client Check-in & Evaluation -At the daily completion of work,job/training schedule Clients will check in with assigned Manager. Manager may Evaluate Clients, at this time, for discussion in Scheduled Daily- "Mandatory Center/Group Meeting"

5:30- 6:30 am- Dinner -Clients assigned to Kitchen will prepare a dinner meal for ALL Clients, Clients will dine, and Prepare to report to "Mandatory Daily Center Meeting"

6:30- 7:00 pm- “Mandatory Daily Center Meeting”- Clients will Participate in a Nightly Meeting to discuss affairs and issues for the day, planned meetings, events and activities. Active Manager/Staff will attend meeting, available to Clients

7:30- 10:00 pm Outside AA/NA Meeting or Event -Clients will all attend the selected meeting for the Day. For group continuity and transport, safety concerns ALL clients will go to AA/NA Meetings Required. ***After 3 Months in Program Clients may ride with other members in Recovery, If they were vetted and approved to transport prior to request.

10:30- 11:30 pm- Check-In & Closing Meditation -Clients will read from a selected text and have an evening meditation period. Manager on Duty will conduct “Roll Call” and secure the Center for the evening. 11Pm is dorm Lights Out Period, Senior Clients in Rooms have until 12 midnight for “Lights Out”

12:00 Midnight- Lights Out -Clients can still read or watch available streaming or TV shows if not disturbing other clients and subject to Manager’s discretion.

***This is a rough Outline Scheduling of The Clients Day. It is subject to change as need and work dictates, as well as timing of meetings or events. The Selected Outside AA/NA Meeting GOVERNS The remainder of the scheduling. It is THE PRIORITY! Even work/job/Training Schedules are adjusted to the Meeting of the Day!

***Subject to variance on Weekends and By Manager On-Duty.
Personal hours for clients are available, in scheduling, for working out/exercise, sponsorship meetings and discussions/talks, also for Home Group responsibilities.