

BREAKTHROUGH RECOVERY OUTREACH: WOMEN'S HWH SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
7:00AM	WAKE HYGIENE-MEDS CHORES BREAKFAST MEDITATION	WAKE HYGIENE-MEDS CHORES BREAKFAST MEDITATION	WAKE HYGIENE-MEDS CHORES BREAKFAST MEDITATION	WAKE HYGIENE-MEDS CHORES BREAKFAST	WAKE HYGIENE-MEDS CHORES BREAKFAST								
7:30AM													
8:00AM													
8:30AM													
9:00AM													
9:30AM	VOLUNTEER	HLTH/FITNESS	PSYED GRP	VOLUNTEER	PSYCO SOC GRP/ CASE MGMT	WAKE HYGIENE-MEDS BREAKFAST CHORES	WAKE HYGIENE-MEDS BREAKFAST CHORES						
10:00AM													
10:30AM													
11:00AM								PROCESS GRP					
11:30AM													
12:00PM		LUNCH	LUNCH										
12:30PM		LIFE SKILLS GRP	HLTH/FITNESS	VOLUNTEER	SUPPORT MTG	RET TO HWH LUNCH	MEDITATION/ BIG BOOK STUDY	CHURCH OR SUPPORT MTG (2 or more)					
1:00PM													
1:30PM													
2:00PM		PSY EDUC GRP	FOOD CARDS ASGN/ GROCERY STORE/ CASE MGMT	VOLUNTEER	LIFE SKILLS GRP	SUPPORT MTG	LUNCH	LUNCH					
2:30PM													
3:00PM		RET TO HWH	RET TO HWH/ PRSNL PLNG	FOOD CARDS ASGN/ GROCERY STORE/ CASE MGMT	VOLUNTEER	PROCESS GRP	PRSNL PLNG/ HLTH FITNESS	PRSNL PLNG					
3:30PM		PRSNL PLNG											
4:00PM		DINNER							DINNER	DINNER	DINNER	DINNER	DINNER
4:30PM													
5:00PM	COMM MTG	HLTH/FITNESS	DINNER	DINNER	DINNER	DINNER	DINNER						
5:30PM													
6:00PM													
6:30PM													
7:00PM													
7:30PM	RET TO HWH	SUPPORT MTG	RLSP PREV (1 ST &3 RD) SUPPORT MTG (2 ND & 4 TH)	LIFE STORY	SUPPORT MTG	SUPPORT MTG	SUPPORT MTG						
8:00PM													
8:30PM	WRAP-UP CHORES HYGIENE-MEDS CURFEW LIGHTS OUT!!	WRAP-UP CHORES HYGIENE-MEDS CURFEW LIGHTS OUT!!	WRAP-UP CHORES HYGIENE-MEDS CURFEW LIGHTS OUT!!	WRAP-UP CHORES HYGIENE-MEDS CURFEW LIGHTS OUT!!	SUPPORT MTG 2 OR MORE OR with Sponsor	SUPPORT MTG	SUPPORT MTG						
9:00PM													
9:30PM													
10:00PM													
11:00PM													
12:00AM													
					CHORES HYGIENE-MEDS CURFEW LIGHTS OUT!!	CHORES HYGIENE-MEDS CURFEW LIGHTS OUT!!	WRAP-UP CHORES HYGIENE-MEDS CURFEW LIGHTS OUT!!						

08/09 **ALL MEETINGS ARE MANDATORY! Meeting of Choice can not be at the same location of the Men's Meeting.