



Phoenix House
Rising Above Addiction

Schedule

Phoenix House Texas Adolescent Residential Program

		Weekday	Weekend	Saturday Family Time
6:00 AM	6:00 AM	Wake Up		
	6:30 AM	Breakfast		
7:00 AM	7:00 AM	Chores		
	7:30 AM	Morning Meditation Group	Wake Up	
8:00 AM	8:00 AM	School	Breakfast	
	8:30 AM			
9:00 AM	9:00 AM		Morning Meditation	
	9:30 AM			
10:00 AM	10:00 AM		Multimedia Addiction Series	
	10:30 AM			
11:00 AM	11:00 AM			
	11:30 AM			
12:00 PM	12:00 PM	Lunch	Lunch	
	12:30 PM			
1:00 PM	1:00 PM	Group Therapy	Gender Specific Group Therapy	Multi-Family Group
	1:30 PM			
2:00 PM	2:00 PM			
	2:30 PM	Structured Recreation	Separate Gender Recreation	Al-Anon Group
3:00 PM	3:00 PM			
	3:30 PM	Substance Abuse Group	Alternative Therapy Groups	Family-Client Visit
4:00 PM	4:00 PM			
	4:45 PM	Break	Break	
5:00 PM	5:00 PM	Dinner	Dinner	
	5:30 PM			
6:00 PM	6:00 PM	Relapse Prevention Group	Relapse Prevention Group	
	6:30 PM			
7:00 PM	7:00 PM	Structured Recreation	Structured Recreation	
	7:50 PM	Snack	Snack	
8:00 PM	8:00 PM	Community Meeting	Community Meeting	
	8:30 PM	Dorm Cleanup	Dorm Cleanup	
9:00 PM	9:00 PM			
	9:30 PM	Lights Out	Lights Out	