



# PRIMARY TREATMENT SCHEDULE

6901 Lookout Rd. Boulder, CO 80301

www.choicehouse.com

Time/Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time/Date
7:00AM	U/A & B/A, Medications, Breakfast and Chores	U/A & B/A, Medications, Breakfast and Chores	U/A & B/A, Medications, Breakfast and Chores	U/A & B/A, Medications, Breakfast and Chores	U/A & B/A, Medications, Breakfast and Chores	U/A & B/A, Medications, Breakfast and Chores	U/A & B/A, Medications, Breakfast and Chores	7:00AM
8:00AM	GYM	GYM	GYM	GYM	GYM	GYM	GYM	8:00AM
9:00AM	Community Activity	Outdoor Activity	Community Meeting	Free Time	Free Time	Free Time	Free Time	9:00AM
10:00AM			Goal Group	Process Group	Psychoeducation / Process Group	Experiential Group	Psychoeducation Group	10:00AM
11:00AM	Lunch	Lunch OTG	Lunch	Lunch	Lunch	Lunch OTG	Lunch	11:00AM
12:00PM	Personal Time & Personal Assignments	Outdoor Activity	Process Group	Caseload Group	Art Therapy Group	Outdoor Activity	Yoga	12:00PM
1:00PM	Family Visitation, Personal Assignments, Free Time or Community Activity		Free Time	Free Time	Free Time		Meditation	1:00PM
2:00PM			Skills Group	Individual Sessions / Community Activity	Individual Session / Acupuncture		Process Group	2:00PM
3:00PM			Individual Sessions / Community Activity	Skills Group	Men's Group		Activity	3:00PM
4:00PM			Dinner	Dinner	Dinner		Dinner	Dinner
5:00PM Required Check-In		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	5:00PM
6:00PM	Free Time or Community Activity	12 Step Meeting	Shambhala Center, 12 Step Meeting	12 Step Meeting	Life Ring Meeting, 12 Step Meeting	Community Night	12 Step Meeting	6:00PM
7:00PM	12 Step Meeting							7:00PM
8:00PM								8:00PM
9:00PM	Community Study Group	Community Study Group	Community Study Group	Community Study Group	Community Study Group	Community Study Group	Community Study Group	9:00PM
10:00PM Sun-Thurs Curfew	B/A, Medications and Nightly Routines	B/A, Medications and Nightly Routines	B/A, Medications and Nightly Routines	B/A, Medications and Nightly Routines	B/A, Medications and Nightly Routines	B/A, Medications and Nightly Routines	B/A, Medications and Nightly Routines	10:00PM
11:00PM Fri-Sat Curfew	Final Lights Out	Final Lights Out	Final Lights Out	Final Lights Out	Final Lights Out	Final Lights Out	Final Lights Out	11:00PM

\* This schedule is subject to change due to milieu compliance, weather , activities and/or scheduled outings \*