



*A treatment center exclusively for women
located in Newport Beach, California*

The Rose Of Newport Beach

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Time	MON	TUE	WED	THUR	FRI	Time	SAT	SUN	
7:00	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	7:00	SLEEP IN	SLEEP IN	
7:15	PRIVATE MEDITATION	BEACH WALK	BEACH WALK	BEACH WALK	BEACH WALK	7:45	WAKE UP	WAKE UP	
7:15		PR. MEDITATION	PR. MEDITATION	PR. MEDITATION	PR. MEDITATION	8:00	PR. MEDITATION	PR. MEDITATION	
8:00	BREAK./MEDS.	BREAK./MEDS.	BREAK./MEDS.	BREAK./MEDS.	BREAK./MEDS.	8:15	MEDICATION	MEDICATION	
8:30	GET READY	GET READY	GET READY	CODEPENDENCY GROUP - TANYA	LOVE ADDICTION LECTURE - MARY R2	8:30	BREAKFAST	BREAKFAST	
9:00	*9:00-10:15 AA MTG Newport Club	HYPNOTHERAPY @17TH ST. W/ SCOTT. S	GROUP PROCESS			9:00	CHORES	CHORES	
9:30			10:15 FOUR AGREEMENTS	JOHNNY O STEP STUDY	10:15-11:00 MIKE MAXIE RELAPSE PREVENTION R2	9:30	FREE TIME	FREE TIME	
10:00			STUDY TIME	11:00	JERRY BROWN LECTURE @ R2	ERIKA V. @ R2 PSYCHODRAMA	W/BONNIE FREE TIME		CINDY DUPIUE NUTRITION
10:30	NOON	LUNCH	LUNCH	LUNCH	LUNCH	NOON	LUNCH	OUT TO LUNCH & OFFSITE	
11:00	1:00	PILATES	1:15 TRAUMA GROUP - MARY	PILATES	1:15 TRAUMA GROUP - MARY	PILATES	12:30	MASSAGE OR ENERGY HEAL.	ACTIVITY
11:30	2:00	FREE TIME	STARBUCKS	1:1 INDIVIDUAL SESSIONS	2:15 EMDR DR. McILLWAIN	1:30	HOMEWORK	FREE TIME	
NOON	2:30	STEP STUDY							1:1 INDIVIDUAL SESSIONS
1:00	3:00	WORKSHOP	ART THERAPY W/ROBIN L.	STUDY TIME	FREE TIME	3:00	HOMEWORK	FREE TIME	
1:30	3:30	FREE TIME							STUDY TIME
2:00	4:00	STUDY TIME	FREE TIME	FREE TIME	FREE TIME	4:00			
2:30	5:00	DINNER	DINNER	DINNER	DINNER	5:00	DINNER	PIZZA NIGHT	
3:00	6:00	6:00-7:30 CLEAN UP	CLEAN UP	CLEAN UP	CLEAN UP	6:00	CLEAN UP	CLEAN UP	
3:30	6:30	HOW HALL	*6:30-7:30	*6:30-7:30	*6:30-7:30	6:30	FREE TIME	6:30 PILLS	
4:00	7:00	BIG BOOK	ROSE ALUMNI MEETING @ R2	AA STEP STUDY MEETING H.B.	AA MEETING AT ROSE II	7:00	FREE TIME	ANONYMOUS MEETING	
4:30	8:00	FREE TIME	FREE TIME	FREE TIME	FREE TIME	8:00	*8:00-9:30 AA CANYON CLUB	FREE TIME	
5:00	8:30	FREE TIME	FREE TIME	FREE TIME	FREE TIME	8:30	FREE TIME	FREE TIME	
5:30	9:00	MEDICATION	MEDICATION	MEDICATION	MEDICATION	9:00	MEDICATION	MEDICATION	
6:00	10:00	~~~~ ~~~~ GROUP PROCESS/CLOSURE GROUP ~~~~ ~~~~ ~~~~ GROUP PROCESS/CLOSURE GROUP ~~~~ ~~~~				10:15			
6:30	10:45	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	10:45	JOURNAL TIME	
7:00	11:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	FREE TIME	11:00	FREE TIME	
7:30	12:00					LIGHTS OUT	12:00	LIGHTS OUT	

*Time shown for outside AA meetings reflects the time the meetings start - all clients need to be ready to leave facility approx. 40 min before meeting start time, with exception for Sat HOW Hall in H.B., clients need to be ready by 6:15.

CLIENTS MUST BE DOWNSTAIRS READY TO BEGIN GROUP 10 MINUTES PRIOR TO START TIME - NO COMPUTERS/CELL PHONES.

COLOR CODE: RED: OUTSIDE SESSION OR CLINICIAN COMING IN GREEN: EXERCISE PURPLE: STAFF BLUE: STUDY/FREE TIME