

## The Refuge Family Week Program and Schedule

	Monday	Tuesday	Wednesday	Thursday
<b>TIME</b>				
7:30-8:00	Yoga (Families May Participate)		Yoga (Families May Participate)	
8:00-9:00	Breakfast (Clients and Families)	Breakfast (Clients and Families)	Breakfast (Clients and Families)	Breakfast (Clients and Families)
9:00-9:30	Meditation (Clients Only)	Meditation and Community (Clients Only)	Meditation and Community (Clients Only)	Meditation and Community (Clients Only)
9:30 - 11:45	Welcome To The Refuge Presentation (Families and Clients)	Nuts & Bolts of Trauma Treatment Presentation (Families and Clients)	Fight, Flight, Freeze Presentation (Families and Clients)	Intensives Presentation Closing Group (Families and Clients)
12:00- 1:00	Lunch (Clients and Families)	Lunch (Clients and Families)	Lunch (Clients and Families)	Lunch (Clients and Families)
1:15-3:00	Family Process Group (Families Only) Seed Barn  Client Process Group (Clients) Pavilion	Process Group in Pavilion (Families and Clients)	Disease Concept Presentation (Families and Clients) Neuro-Cognitive Rehabilitation Program Presentation	Visiting, Free Time and Off Property Passes
3:00-5:00	Visiting and Free Time	Visiting and Free Time	Visiting and Free Time	Visiting, Free Time and Off Property Passes
5:00 - 6:00	<i>Dinner</i> (Clients and Families)	<i>Dinner</i> (Clients and Families)	<i>Dinner</i> (Clients and Families)	<i>Dinner</i> (Clients and Families)
6:15 - 7:15	Alanon Meeting (Families Only)	Visiting and Free Time (Families are invited to stay on property till 9pm Monday- Saturday for visiting hours)	ACOA Meeting (Families and Clients)	Visiting, Free Time and Off Property Passes

\*Families and clients will be made aware of times and dates for Family Sessions during Family Week.

\*Curfew during Family Week for visiting hours is 9:30pm and curfew for off property visits should be discussed with client's Therapist.