

Sample CUPW Schedule

	Sunday	Monday	Tues	Wednesday	Thurs	Fri	Sat
7:30			Smudging				
8:00	breakfast						
8:30							
9:00	AA meeting	process group	relapse prevention	Nutrition	spiritual care	birth prep group	AA meeting
9:30							
10:00							
10:30							
11:00	support group	stress management	Dialectical Behavior Therapy	Doctor led group	relationships	recovery education	Nursing group
11:30							
12:00	lunch						
12:30							
1:00	daily walk						
1:30							
2:00	Visiting	parenting group	Meditation	Breastfeeding group	Codependency	Seeking Safety	Recovery Movie and Process
2:30							
3:00							
3:30		Quiet time	Quiet time	Quiet time	Quiet time	Quiet time	
4:00							
4:30							
5:00	dinner						
5:30							
6:00	Phone time						
6:30							
7:00	Movie night				Spa night	Fun in sobriety	Movie night
7:30		AA meeting	Support group	NA Meeting			
8:00							
8:30							
9:00							
9:30							
10:00	bed time 10:30pm						