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[www.westbridge.org](http://www.westbridge.org)

Time	Monday	Tuesday
7:00 am	Wake up/Meds/Breakfast/ADL	Wake up/Meds/Breakfast/ADL
8:30 am	Goals Group	Goals Group
9:15 am	Walk	Walk
9:30 am	Meditation	Meditation
9:45 am	Reasons to Recover Group	Vocational Group
10:30 am	Break	Break
10:45 am	Change Group	Anger Management
12:00 pm	Lunch	Lunch
1:00 pm	Yoga	Relapse Prevention
2:00 pm	Free Time	Free Time
3:00 pm	YMCA	YMCA
4:30 pm	Dinner	Individual Programming
5:00 pm	Individual Programming	Dinner
5:30 pm	Recovery Group/AA	Individual Programming
6:00 pm	Individual Programming	Community Meeting
7:00 pm	Individual Programming	Recovery Group/AA
7:30 pm	Progress Group	Individual Programming
8:30 pm	Individual Programming	Progress Group
10:00 pm	Lights Out	Lights Out

**SAMPLE SCHEDULE**