



**Main Phone: 603-634-4446**  
**Admissions: 800-889-7871**  
<https://www.westbridge.org>

Time	Monday	Tuesday
7:00 AM	Wake up	Wake up
7:30 AM	Breakfast/ADL/Meds	Breakfast/ADL/Meds
8:00 AM		
8:30 AM	Goals Group Weekly Goals	Goals Group
9:00 AM	Suite Checks/Chores	YMCA
9:30 AM	Wellness Activity Sports Academy	Break
9:45 AM		Helping Men Recover
10:00 AM		
10:30 AM		
10:45 AM	Coping Skills (DBT-informed)	Break
11:00 AM		
11:30 AM	Break	Break
12:00 PM	LUNCH	LUNCH
12:30 PM	Break	Break
1:00 PM	Vocational Group	IMR
1:30 PM		
2:00 PM	*Individual Appt	*Individual Appt
2:30 PM	Community Meeting	
3:00 PM	3:15-4:15pm Alternate Experience Group	Wellness Activities
3:30 PM		
4:00 PM	*Individual Appointments	*Individual Appointments
4:30 PM	Dinner	Dinner
5:00 PM		
5:30 PM	Chores	Chores
6:15 PM	Progress Group	Progress Group
6:30 PM	DDA Meeting / Recovery Activity	Break
7:00 PM		Mutual Help Meeting or Recovery Activity
7:30 PM		
8:00 PM	Personal Time	Personal Time
9:00 PM		
10:00 PM	Lights Out	Lights Out