

# Thunderbird/Wren Monthly PROGRAM SCHEDULE 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:15</b>	7:15-8:30 Breakfast	7:15-8:30 Breakfast	7:15-8:30 Breakfast	7:15-8:30 Breakfast	7:15-8:30 Breakfast	7:30:9:00 Breakfast	7:30:9:00 Breakfast
	Nurse Medication	Nurse Medication	Nurse Medication	Nurse Medication	Nurse Medication	Nurse Medication	Nurse Medication
	<b>8:30-9:30</b> Opening Pipe Ceremony Cultural Teaching Deb C & Bob	<b>8:30-9:30</b> Health Nurse Wren	<b>8:30-9:30</b> Cultural Teachings Deb C & Bob	<b>8:30-9:30</b> Health Nurse T-bird	<b>8:30-10:30</b> Closing Pipe Ceremoney	<b>Deep Clean Room/Chore</b> If your not here for meals let kitchen staff know	<b>Deep Clean Room/Chore</b> If your not here for meals let kitchen staff know
	<b>8:30-9:30</b> Meditation/Rotate Counselor	Co-Occurring Lecture Tbird	<b>8:30-9:30</b> Meditation/Rotate Counselor	Co-Occurring Lecture Wren	Cultural Teachings Deb C & Bob	<b>Meet with Sponsors Attend community Events or Work</b>	<b>Meet with Sponsors Attend community Events or Work</b>
	<b>9:30 -10:30</b> Home Group Smart Goals	<b>9:30-11:30</b> Substance Use Disorder Lecture Counselor Topic Client choice	<b>9:30-10:30</b> Home Group Continuum of Care-Dimensions	<b>9:30-11:30</b> Substance Use Disorder Lecture Counselor Topic Client choice	<b>10:30-11:30</b> Cultral Choice Skills Deb C & Bob	<b>Meet with Sponsors Attend community Events or Work</b>	<b>Meet with Sponsors Attend community Events or Work</b>
	<b>10:30-11:30</b> Floor Meeting Program Expectations Pick SUD/MH Topic with your Floor counselor		<b>10:30-11:30</b> Steps to Process Skills Group with your counselor			Share your Recovery with Family & Friends	Share your Recovery with Family & Friends
<b>11:45</b>	Tbird/Wren Lunch	Tbird/Wren Lunch	Tbird/Wren Lunch	Tbird/Wren Lunch	Tbird/Wren Lunch	Tbird/Wren Lunch	Tbird/Wren Lunch
	<b>Ther. Duties</b> Counselor will check	<b>Ther. Duties</b> Counselor will check	<b>Ther. Duties</b> Counselor will check	<b>Ther. Duties</b> Counselor will check	<b>Ther. Duties</b> Counselor will check	<b>Ther. Duties</b> Tech will check	<b>Ther. Duties</b> Tech will check
	Meet w/Peer Recovery Meet w/ your ADC/MH Meet with Sponsors Attend Tribal Events	<b>1:00-2:00pm</b> Relapse Group	<b>1:00-2:00pm</b> Relapse Group	<b>1:00-2:00pm</b> Relapse Group	Meet with Sponsors Attend Tribal Events Meet with Sponsors Attend Tribal Events	Meet with Sponsors Attend Tribal Events Attend support groups or work	Meet with Sponsors Attend Tribal Events Attend support groups or work
		<b>1:00-2:00 pm</b> Step 1	Meet with Sponsors Attend Tribal Events	Meet with Sponsors Attend Tribal Events	Attend Tribal Events		
<b>4:30</b>	Tbird/Wren Supper	Tbird/Wren Supper	Tbird/Wren Supper	Tbird/Wren Supper	Tbird/Wren Supper	Tbird/Wren Supper	Tbird/Wren Supper
<b>10:00PM</b>	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew	Curfew
<b>11:00PM</b>	Need to be in your Room	Need to be in your Room	Need to be in your Room	Need to be in your Room	Need to be in your Room	Need to be in your Room	Need to be in your Room
	<b>When there is a HOLIDAY we have no programming that day.</b>						