



**The González Recovery Residences**  
provide recovering individuals a variety of  
**Long term residential drug and alcohol treatment**  
and  
**structured sober living** support services

# The González Recovery Residences (The GRR) Sample Phase I Schedule

Rainbow of activity color codes illustrates the GRR Program's balance and variety

## Phase I: A Structured Program of Action.

A team of 24/7 companions help the residents with the implementation of a healthy program and immersion in the 12 Step community. Plenty of rest, 3 balanced meals and an array of activities:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Meditation	1	1	1	1	1	1	1	7
12 Step Meeting	2	2	2	2	3	1	1	13
Exercise	1	1	1	1	1			5
Spiritual Growth Group	1		1		1			3
Recreational Activity			1	1	1	1	1	5
Housekeeping Activity:		1				1		2
Religious Service							1	1
	5	5	6	5	7	4	4	36

# The González Recovery Residences (The GRR) Sample Phase I Schedule

The rainbow of activity color codes illustrates the balance, variety and depth of our residential drug and alcohol treatment program

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	12: Early Risers	12: Early Risers	12: Early Risers		12: Early Risers		
8	Check in/ meditation	Check in/ meditation	Check in/ meditation	Check in/ Meditation	Check in/ Meditation	Check in/ Meditation	Check in/ Meditation
9							
9:30	Gym/Bridge	Gym/Bridge	Gym/Bridge	Gym/Bridge	Gym/Bridge		Religious Service
10						Activity: House Cleaning	
11							
12	12: ODAAT	Lunch	12: ODAAT	12: ODAAT	12: ODAAT	12: Newport Club –	Activity– Beach
13	Lunch			Lunch Mall		Lunch	Lunch
2pm		Activity: STUDY – LAUNDRY					
15	Harry 2-4 pm		Michael	Activity: Retail Therapy	Michael	Activity: Bowling	Visit
16					House meeting		
5pm				Dinner	Dinner	Dinner at Home	12: Club Sebastian
18	Dinner	Dinner	Dinner	12 Hibiscus Step Mtg	Activity: Movie at Home		
19		12: Holy Cross			12: 7pm Young People's		
20			Activity: Movie			12: Hanley Hall	

Once the residents are comfortable in **Phase I**, they continue in their gradual, seamless re-integration into the real world as fulfilled productive members of society.

### **Phase II** (Semi-Structured)

Staff approval and meaningful work, study or other constructive activity mark another milestone in the resident's gradual seamless reintegration into society.

### **Phase III**

Independent sober living with accountability stipulated in *after care* contract.