THUNDERBIRD TREATMENT CENTER

Weekly Programming: Sample Schedule





◆ Meals ▲ TIM-related sessions ■ Group sessions ○ Relative-run sessions ◇ Exercise / walk □ Graduation / family time

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
○ **Early Bird Meeting**						
◆ **Breakfast**						
▲ **Sunrise Ceremony**						
■ Process Group		■ Pharmacology	■ Process Group	■ Health Group (Understanding Abuse)	■ Treatment Movie	Free Time
Break / Snack						
■ Process Group	■ Nutrition	■ PsychoEducational Group	■ Aftercare Planning	■ Process Group	■ Aftercare Planning	
◆ **Lunch**						
◇ **Exercise / Walk**						
■ Anger Management / DV Women's Group	■ Aftercare (SAMHSA)	■ Relapse Prevention	Sweat Lodge	■ Aftercare Planning	□ Family Groups Visits and Sweat Lodge	Plant & Medicine
Break / Snack						
■ Positive Parenting ■ Life Skills	■ Interpersonal Life Skills / Codependency Skills	▲ TIM Session	Sweat Lodge	Traditional Arts and Crafts	□ Family Groups Visits and Sweat Lodge	Regalia / Giveaway Making
◆ **Dinner**						
■ Treatment Work ■ Criteria Homework / Phase 3 Meeting	○ Self-Help Group / Outside AA/NA Meeting	▲ Drum Group	■ Brotherhood / Sisterhood	■ Recovery Work / Self-Help Group Outside AA/NA Meeting	■ Sleep Study	– ○ Women's / Men's Self-Help Group
◆ **Break / Snack**						
▲ **Sundown Ceremony**						
Lights Out						

Note: Weekly individual SUD counseling and other services are scheduled individually.
Snack available daily at 2:30 PM.

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