

F.O.H WOMEN'S PROGRAM SCHEDULE

3:00 p	ψ			General Meeting (Staff)		Recreation 3:00p-10:00p	
3:30p		Meditation Group 3:30-5:00p (N.H.)	Saginaw		Anger & Stress Management 3:30-5p (D.B.)		
4:00 p	AA Meeting						ψ
4:30 p		Medication	Medication	Medication	Medication	Medication	Dual Recovery 4:30-6p (L.K.)
5:00 p						E.W.S.S. N.B. (5-6p)	
5:30p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 p	Evening Mtg.	Evening Mtg.	Evening Mtg.	Evening Mtg. C.R. Group 6-7:30p	Evening Mtg.	Evening Mtg.	Evening Mtg.
6:30- 8:00p							
7:00 p	Job Task	Job Task	Job Task	Job Task	Job Task Compassion Church 7p-9p	Job Task	Job Task
7:30	Medication (W)	Medication	Medication Bible Study 7:30-8:30p	Medication	Medication	Medication	Medication (W)
800 p	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
8:30p	Personal Time Medication (W)	Medication Personal Time	Medication Personal Time	Medication Personal Time	Medication Personal Time	Medication Personal Time	Personal Time Medication (W)
9:30p	LH OTF	LH OTF	LH OTF	LH OTF	LH OTF	Recreation Ends LH OTF	LH OTF
10:00	Personal Time	Last House Runs	Last House Runs	Last House Runs	Last House Runs	Last House Runs	Personal Time
10:30	Job Task	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Job Task
11:00	Feedback	L3/L4 Feedback	L3/L4 Feedback	L3/L4 Feedback	L3/L4 Feedback	L3/L4 Feedback	Feedback

(Revised 1/09/17 JB)