Stonington Institute

Detox Program Master Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wake Up, Vitals, Meds, Labs, Showers	Wake Up, Vitals, Meds, Labs, Showers	Wake Up, Vitals, Meds, Labs, Showers	Wake Up, Vitals, Meds, Labs, Showers	Wake Up, Vitals, Meds, Labs, Showers	Wake Up, Vitals, Meds, Labs, Showers	Wake Up, Vitals, Meds, Labs, Showers
Coffee in Cafeteria	Coffee in Cafeteria	Coffee in Cafeteria	Coffee in Cafeteria	Coffee in Cafeteria	Coffee in Cafeteria	Coffee in Cafeteria
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Spirituality (9 - 9:45)	Spirituality (9 - 9:45)	Spirituality (9 - 9:45)	Spirituality (9 - 9:45)	Spirituality (9 - 9:45)	Spirituality (9 - 9:45)	Spirituality (9 - 9:45)
Vitals (9:45 AM)	Vitals (9:45 AM)	Vitals (9:45 AM)	Vitals (9:45 AM)	Vitals (9:45 AM)	Vitals (9:45 AM)	Vitals (9:45 AM)
Process (10:30 - 11:15 AM)	Nutrition (10:30 - 11:15 AM)	Process (10:30 - 11:15 AM)	Process (10:30 - 11:15 AM)	Process (10:30 - 11:15 AM)	Nutrition (10:30 - 11:15 AM)	Psycho-ed / 12 step (10:30 - 11:15 AM)
Art (11:45 - 12:30)	Art (11:45 - 12:30)	Art (11:45 - 12:30)	Art (11:45 - 12:30)	Psycho-ed (11:45 - 12:30)	Psycho-ed (11:45 - 12:30)	Psycho-ed (11:45 - 12:30)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Vitals (1:15 PM)	Vitals (1:15 PM)	Vitals (1:15 PM)	Vitals (1:15 PM)	Vitals (1:15 PM)	Vitals (1:15 PM)	Vitals (1:15 PM)
Psycho-ed (2-2:45)	Process (2-2:45)	Psycho-ed (2-2:45)	Psycho-ed (2-2:45)	Art (2-2:45)	Psycho-ed / 12 step (2-2:45)	Psycho-ed (2-2:45)
Walk / Video (3:15 -4)	Walk / Video (3:15 -4)	Walk / Video (3:15 -4)	Walk / Video (3:15 -4)	Walk / Video (3:15 -4)	Walk / Video (3:15 -4)	Walk / Video (3:15 -4)
Vitals	Vitals	Vitals	Vitals	Vitals	Vitals	Vitals
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
12-step Meeting	12-step Meeting	12-step Meeting	12-step Meeting	12-step Meeting	12-step Meeting	12-step Meeting
Vitals	Vitals	Vitals	Vitals	Vitals	Vitals	Vitals
Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime