

JUEL FAIRBANKS CHEMICAL DEPENDENCY SERVICES
RESIDENTIAL GROUP SCHEDULE (MEDIUM INTENSITY)

Revised 12/2025

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6 am	Shower/Dress	Shower/Dress	Shower/Dress	Shower/Dress	Shower/Dress		
6:45 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:30 am	Chores	Chores	Chores	Chores	Chores		
8:30 - 9:30 am	Morning Meditation/Ceremony LADC	Morning Meditation/Ceremony LADC	Morning Meditation/Ceremony LADC	Morning Meditation/Ceremony LADC	Morning Meditation/Ceremony LADC	Chores	Chores
9:30 - 9:45 am	Break	Break	Break	Break	Break	Free Leisure Activities	Free Leisure Activities
9:45 - 11:45 am	Extended Care <i>Residential LADC</i>	Co-Occurring <i>Residential LADC</i>	Men's Health <i>Residential LADC</i>	Red Road <i>Residential LADC</i>	Emotional Regulation <i>Residential LADC</i>	Chemical Free Leisure Activities	Chemical Free Leisure Activities
12 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1 PM	Super Clean	Appointments in the community	Appointments in the community	Acupuncture or Appointments in the community	Appointments in the community	Chemical Free Leisure Activities	Chemical Free Leisure Activities
2 PM	Super Clean (continued)	Appointments in the community	Appointments in the community	Acupuncture or Appointments in the community	Appointments in the community	Chemical Free Leisure Activities	Chemical Free Leisure Activities
3-4 PM	Appointments in the community	Appointments in the community	Appointments in the community	Acupuncture or Appointments in the community	Appointments in the community	Chemical Free Leisure	Chemical Free Leisure
4-5 PM	Domestics	Domestics	Domestics	Domestics	Domestics		
5 - 6 PM	Supper	Supper	Supper	Supper	Supper	Supper	Supper
6:30 - 9	Talking Circle meeting 6:30-7:30 <i>(Must go to one)</i>	In-House AA meeting 6:30-7:30 <i>(Must go to one)</i>	In-House NA meeting 6:30-7:30 <i>(Must go to one)</i>	Wellbriety Meeting In Community	Chemical Free Leisure Activities	Chemical Free Leisure Activities	In-House HR meeting 8:30-9:30 <i>(must go to one)</i>

Mealtimes last approximately 30 minutes. Daily Medication Distribution times: 7 am, 12 noon, 5 pm, and bedtime. (Depends on prescription). See Client Handbook for more information. Homework assignments & goals to be completed according to Counselor requirements.