



**FOUNDATION
HOUSE**

THE CONSTRUCTION INDUSTRY
DRUG & ALCOHOL FOUNDATION

FOUNDATION HOUSE RESIDENTIAL PROGRAM CLIENTS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WAKE UP, SHOWER, MAKE BEDS, BREAKFAST 7:00 to 7:45						
Exercise / Walk 7:45 to 8:15					House Group 7:45 to 8:15	Walk 7:45 to 8:15
House Group 8:15 to 9:00						House Group 8:15 to 9:00
Clients cleaning 9:15 to 9.45	Clients cleaning 9:15 to 9.45	Clients cleaning 9:15 to 9.45	Clients cleaning 9:15 to 9.45	Clients cleaning 9:15 to 9.45	12 Step Meeting 8:15 to 10:45	12 Step Meeting and shop-stop 9:00 to 12:00
Storytime Group 10.00 to 11.00	Education Group 10.00 to 11.00	Yoga 10.00 to 11.00	Education Group 10.00 to 11.00	Education Group 10.00 to 11.00	Clients Outing and LUNCH	
Assignments or Counselling	Assignments or Counselling Graduation 12.30	Assignments or Counselling	Assignments or Counselling Graduation 12.30	Assignments or Counselling		
LUNCH 1:00 -1.30						10.45 to 2.30
Communication Group 1:30 to 2:30	Communication Group 1:30 to 2:30	Shopping Trip 1.00	Communication Group 1:30 to 2:30	Yoga 1:30 to 2:30	Clients Cleaning 2:30 to 3:00	Clients cleaning
Assignments or Counselling 2:30 to 4:30	Storytime feedback 3.00pm	Check in Group after shopping 3.30pm	Storytime Group/ Case review 3.00 to 4.00	Storytime Feedback 3:00 pm		Check in Group 3:15pm
Step 1 Group 4:30 to 5:30	Step 2 Group 4:30 to 5:30	BBQ Set-up & Cook 4:30	Step 3 Group 4:30 to 5:30	Education Group 4:30 to 5:30		Check in Group after outings 3:15
DINNER 5:30						Visitors 4:00 to 5:30
12 Step Meeting 7:00 to 11:00	12 Step Meeting 7:00 to 11:00	Relapse Prevention Group 6:30 to 7:30\	12 Step Meeting 7:00 to 11:00	12 Step Meeting 7:00 to 11:00	12 Step Meeting 7:00 to 11:00	12 Step Meeting 7:00 to 11:00