

what does a day at The Lodge look like?



Our hope is that everyone who stays at The Lodge will benefit from a rich therapeutic experience, no matter what day they begin their stay. A typical day at the Lodge looks like this:

7:00 AM	Start of the day
7:45 AM	Meditation walk
8:30 AM	Continental breakfast in the dining area
9:30 AM	Community Meeting: Set goals for the day
10:00 AM	Process Group: Identifying the Stages of Recovery guided by a Master's level clinician
11:30 AM	Personal time/individual counseling with on-site therapist
12:30 PM	Catered lunch in the dining area
1:30 PM	DBT Group: Distress Tolerance guided by a Master's level clinician
3:00 PM	Exercise/Expressive Arts – Trauma Informed Yoga
4:00 PM	Psychoeducation Group: Overcoming Barriers to Maintaining Wellness, guided by a certified peer specialist
5:30 PM	Catered dinner in the dining area
6:30 PM	Visiting hours/family work guided by a Master's level clinician
8:00 PM	Daily recap – lessons learned
9:00 PM	Free time
11:00 PM	Relaxation time

