

DAILY PROGRAM (Mon – Fri)

EARLY MORNING BEACH WALK/ SWIM OR GYM 6.30AM

Start your day with an early morning walk to the beautiful local beaches nearby for a swim, or a walk along the beach and morning coffee. There is the choice to attend a leading fully-equipped gym on select mornings.

DELICIOUS BREAKFAST – 8.00AM

Come back for a nutritious breakfast where you choose from a selection of whole-food meals and superfood smoothies.

DAILY MORNING MEETING – 9.30AM

All our residents and staff gather for a daily morning meeting to discuss the day's plans and address any community needs. Clinical staff are available to discuss any individual needs and program requests. This also provides a process group where clients can share their needs and concerns, as well as prepare for the day

DAILY MORNING REFLECTION & MEDITATION – 10AM to 10:30AM

Group dynamics, reflection & meditation as well as deep breathing exercises.

MORNING SESSIONS – 10:30AM to 11:30AM & 12PM to 1PM

Psycho-social education & group therapy to process and implement the skills and lessons taught.

ORGANIC LUNCH – 1PM

A wholesome organic lunch is served daily with space afterwards for rest and relaxation.

AFTERNOON SESSION – 2PM to 3:15PM

Psycho-social education & group therapy to process and implement the skills and lessons taught. and a variety of interactive workshops covering topics such as trauma and the body, food and mood, naturopathy, aftercare, relapse prevention

AFTERNOON THERAPIES – 3:30PM to 4:30PM

Options alternate daily and include;

Individual;

- psychotherapy sessions,
- massage,
- acupuncture,

Or

Group;

- art therapy,
- holistic personal training classes,
- yoga,
- music classes.

ORGANIC DINNER – 6PM

A delicious organic, whole-food dinner is served prior to the evening's activities. Dependant on your needs, these could include 12 Step meetings, meditation groups or game and movie nights.