

# STARLITE RECOVERY CENTER

## FAMILY PROGRAM SCHEDULE

### FRIDAY

#### *Families & Addiction*

9:45-10:00 am	Registration @ Front Desk & Pick up Lunch Tickets for the Weekend.	Administration Bldg.
10:00 -10:30	Visitation with Clients	
10:30 -10:45	Welcome/Orientation	Polly Bishop Building
10:45 -12:00	Introductory Exercise	
12:00 -1:00pm	Lunch/Free Time with Clients	Starlite Cafe
1:00 -3:00	Family Systems & Addiction	Polly Bishop Bldg
3:00 -3:30	Break with Clients, Book Store	Main Bldg.

#### *Family Members and Clients*

3:30 – 5:00	Preparation for Communication Exercise	Polly Bishop Bldg
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### SATURDAY

#### *Education & Skill Building*

9:00-9:15am	Registration @ Polly Bishop Bldg	Polly Bishop Bldg
9:15-10:30	Neurobiology of Addiction	
10:30-12:00	Enabling Video & Work Group	Polly Bishop Bldg
12:00-1:00pm	Lunch/Free Time with Clients	Starlite Cafe
1:00-2:30	Boundaries: Tools for Healthy Relationships ▶ Practical Steps for Building Boundaries ▶ Button-Pushing: Getting Out of the Vicious Cycle	
2:30 – 3:00	Break with Clients	
3:00 – 5:00	*Communication Exercise ( <i>Family Members and Clients</i> )	Polly Bishop Bldg
7:30 – 8:00	**Visitation with Clients	
8:00 – 9:00	**AA Meeting (Optional)	Starlite Cafe

### SUNDAY

#### *What Happens Next: Families & Recovery*

9:00 – 9:15am	Registration @ Polly Bishop Bldg	Polly Bishop Bldg
9:15 – 10:45	*Personal Recovery Planning ( <i>Family Members and Clients</i> )	Polly Bishop Building
10:45 – 11:00	Break	
11:00 –12:00	Q & A ( <i>Family Members Only</i> )	
12:00 – 1:00	Lunch	Starlite Cafe
1:00 – 4:00	Regularly Scheduled Visiting Hours	

\*Adolescent Families meet with Summit House Staff at the Summit House facility  
\*\* Adolescent Clients are not available for this component