

PROGRAM SCHEDULE

A SAMPLE SCHEDULE FOR THE MATRIX PROGRAM

INTENSIVE OUTPATIENT PROGRAM EXAMPLE SCHEDULE						
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday and Sunday
Weeks 1 Through 4	12:30-2pm Early Recovery Skills 2:30-4pm Recovery Planning	12-1:30pm Family and Friends Group (Online) OR 12 Step, SMART Recovery at First Step, or Community Support Meeting	10:30-12pm Family and Friends Group (face to face) OR 12 Step or Community Support Meeting	1-2:30 pm Step 12 Step, SMART Recovery, or Community Support Meeting	12:30-2pm Early Recovery Skills 2:30-4pm Recovery Planning	12 Step, SMART Recovery, or Community Support Meetings + Recovery Activities (Don't forget the fun activities!)
Weeks 5 Through 12	2:30-4pm Recovery Planning	12-1:30pm Family and Friends Group (Online) OR 12 Step, SMART Recovery at First Step, or Community Support Meeting	10:30-12pm Family and Friends Group (face to face) OR 12 Step or Community Support Meeting	1-2:30 pm 12 Step, SMART Recovery, or Community Support Meeting	2:30-4pm Recovery Planning	Recovery Activities (Don't forget the fun activities!)
Weeks 13 Through 16	2:30-4pm Recovery Planning	12 Step, SMART Recovery, or Community Support Meeting	1-2:30pm Social Support	1-2:30 pm SMART Recovery at First Step	2:30-4pm Recovery Planning	

*Minimum 10 Individual Counselling Sessions for 50mins during the first 16 weeks

*Only one Family and Friends Group per week, either on Tuesday (Webex) OR Wednesday (face to face)

*Highlighted items are compulsory as part of the program

Weeks 17 Onwards	12 Step, SMART Recovery or Community Meetings	1-2:30pm Social Support	1-2:30 pm SMART Recovery at First Step	12 Step, SMART Recovery, or Community Support Meetings	
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