

AIS West Palm Beach Weekly Schedule

Detox + Residential



ALL IN
SOLUTIONS

Monday

9:00 - 10:00AM	Morning Group*
10:00AM - 12:00PM	Relapse Prevention w/ Javier Verdin, LMHC
1:00 - 2:30PM	Coping Skills
2:30 - 4:00PM	Recovery Education

Tuesday

9:00 - 10:00AM	Morning Group*
10:00AM - 12:00PM	Healthy Relationships w/ Kristina Lewis, RCSWI
1:00 - 2:30PM	Communication Group
2:30 - 4:00PM	Dialectical Behavioral Therapy

Wednesday

9:00 - 10:00AM	Morning Group*
10:00AM - 12:00PM	Nursing Education Group
1:00 - 2:30PM	Addiction Education
2:30 - 4:00PM	Psychoeducational Group

Thursday

9:00 - 10:30AM	Morning Group*
10:00AM - 12:00PM	Communication Skills w/ Travis Chazon, LMHC
1:00 - 2:30PM	Anger Management
2:30 - 4:00PM	Addiction Education
4:00 - 5:00PM	Nutrition Education

Friday

9:00 - 10:00AM	Morning Group*
10:00AM - 12:00PM	Recovery Management
1:00 - 2:30PM	Trigger De-Escalation Technique
2:30 - 4:00PM	Life Skills

Saturday

9:00 - 10:30AM	Morning Group*
10:00AM - 12:00PM	Relapse Prevention/CBT Group
1:00 - 2:30PM	Lunch
2:30 - 4:00PM	Mindfulness Meditation/DBT

Sunday

9:00 - 10:30AM	Morning Group*
10:00AM - 12:00PM	CBT/Negative Thinking
1:00 - 2:30PM	Decision Making
2:30 - 4:00PM	Mindfulness Meditation/DBT

Additional Notes

1. Ancillary services include on-site yoga, massage therapy, acupuncture, and biweekly visits from a licensed barber and licensed nail technician.
2. Nightly H&I Meetings from 7:00 - 8:00PM.
3. Recreational Time from 4:00 - 5:00PM.
4. Individual sessions with primary therapists are scheduled weekly.

*Morning Group Topics Include:

- Recovery Strengths
- More About Alcoholism
- Sick As Our Secrets
- Accepting Responsibility
- The Here And Now