



Day Program Schedule

Week 1: Addiction Basics	Topic Area:
All Programming begins with Smudge and sharing circle each day for all 6 weeks	
Day 1	4 C's of Addiction
Day 2	The Chronic Condition of Addiction
Day 3	PAWS
Day 4	Resource day
Day 5	Drama Triangle
Week 2: Relapse Prevention	
Day 1	Trigger and Craving Management
Day 2	Harm Reduction & Support Systems
Day 3	Trauma
Day 4	Resource day
Day 5	Assessts and Defects
Week 3: Life Skills	
Day 1	Social Learning
Day 2	Conflict Resolution
Day 3	Grief and Loss
Day 4	Resource Day
Day 5	Elders teachings
Week 4: Relationships	
Day 1	Relationships
Day 2	Boundaries
Day 3	Codependency
Day 4	Resource Day
Day 5	Communication
Week 5: Social Learning and Culture	
Day 1	Tipi Teachings
Day 2	Spirituality & 7 Sacred teachings
Day 3	Forgiveness
Day 4	Resource Day
Day 5	Elders teaching
Week 6: Thought and Emotion Regulation	
Day 1	Relapse Prevention
Day 2	Anger and Behavioural Reactions
Day 3	Stress and Stress Management
Day 4	Resource Day
Day 5	Self Esteem