



La Ventana Adult Substance Use & Co-Occurring Disorders Residential Program

Address: 395 N. Conejo School Road, Thousand Oaks, CA 91362

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM – 7:30AM	Wake Up / Routine Chores Breakfast	Wake Up / Routine Chores Breakfast	Wake Up / Routine Chores Breakfast	Wake Up / Routine Chores Breakfast	Wake Up / Routine Chores Breakfast	Wake Up / Routine Chores Breakfast	Wake Up / Routine Chores Breakfast
7:30AM – 8:30AM	• Morning Reflection • Mindfulness • Guided Meditation	Morning Reflection • Mindfulness • Guided Meditation	• Morning Reflection • Mindfulness • Guided Meditation	• Morning Reflection • Mindfulness • Guided Meditation	• Morning Reflection • Mindfulness • Guided Meditation	• Morning Reflection • Mindfulness • Guided Meditation	• Morning Reflection • Mindfulness • Guided Meditation
8:30AM – 9:00AM	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care
9:00AM – 10:30AM	Ending the Stigma & Building Self-Esteem	Process Group	Psycho-Education Co-Occurring Disorders	Process Group	Change Your Thoughts Change Your Feelings (CBT)	Alumni Life Story Group	Experiential Outing
10:30AM – 10:45AM	Meditative Walk/Snack	Meditative Walk/Snack	Meditative Walk/Snack	Meditative Walk/Snack	Meditative Walk/Snack	Meditative Walk/Snack	Cinema Therapy Seven “Intelligences” & Deeper Meaning (DBT)
10:45AM – 12:30PM	Family Dynamics Interactional Patterns	Creative Writing & Gratitude	Mind Over Mood Know Your Brain (CBT)	Creative & Expressive Arts	Understanding Simple & Complex PTSD	Healthy Relationships Boundaries • Forgiveness Resentments	
12:30PM – 1:30PM	Mindful Lunch	Mindful Lunch	Mindful Lunch	Mindful Lunch	Mindful Lunch	Mindful Lunch	Mindful Lunch
1:30PM – 3:00PM	Emotional Regulation (DBT)	Conflict/Resolution Keeping Your Side of the Street Clean	Stages of Change	Distressed Tolerance (DBT)	Men’s & Women’s Way Through Recovery	Communication Skills	Connection & Inspiration Through Music
3:00PM – 4:30PM	Embracing Wellness	Who am I? Authentic Self	Embracing Wellness	Family Sculpting & Psychodrama	Embracing Wellness	Family Visits	Equine-Assisted Therapy
4:30PM – 5:00PM	Break	Break	Break	Break	Break		
5:00PM – 5:30PM	The FOUR Agreements/ Step Study	Stress Management & Relaxation Techniques	Living Life on Life’s Terms Safe Coping Skills Toolbox	Healthy Sexuality & Gender Identity	Relapse Prevention	Stress Management & Relaxation Techniques	Discharge, Planning and Aftercare
5:30PM – 6:30PM	Mindful Dinner	Mindful Dinner	Mindful Dinner	Mindful Dinner	Mindful Dinner	Mindful Dinner	Dinner
7:00PM – 9:00PM	Recovery & Spirituality (AA, NA, SMART, CoDA)	Recovery & Spirituality (AA, NA, SMART, CoDA)	Recovery & Spirituality (AA, NA, SMART, CoDA)	Recovery & Spirituality (AA, NA, SMART, CoDA)	Recovery & Spirituality (AA, NA, SMART, CoDA)	Recovery & Spirituality (AA, NA, SMART, CoDA)	Recovery & Spirituality (AA, NA, SMART, CoDA)
9:00PM – 10:00PM	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care	Medication / Self-Care
10:00PM – 11:00PM	Accountability & Personal Inventory	Accountability & Personal Inventory	Accountability & Personal Inventory	Accountability & Personal Inventory	Accountability & Personal Inventory	Accountability & Personal Inventory	Accountability & Personal Inventory
11:00PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Clinical Services: 24/7 CARE

- Individual Therapy
- Family Therapy
- Group Therapy
- Psychiatry
- Family Immersion Weekends
- Transitional Living