



# Mental Health Program Daily Schedule

Our program blends clinical therapies with restorative activities, creating a structured yet supportive environment that nurtures both mental health and personal growth.

06:00 AM

## Sunrise Beach Meditation

Begin the day with a calming meditation by the ocean to reduce stress, center the mind, and set a positive tone.

07:30 AM

## Breakfast

Enjoy a nutritious meal prepared by our in-house chef, shared in a welcoming community setting.

08:45 AM

## Mindfulness Meeting

Practice skills from Dialectical Behavior Therapy to improve awareness, manage stress, and build healthier relationships.

10:00 AM

## Process Group

Small groups with a 7:1 patient to therapist ratio, fostering connection and a strong therapeutic alliance.

12:00 PM

## Lunch & Open Recreation

Healthy meal followed by time to recharge: gym, pool, business center, or leisure activities.

01:00 PM

## Rotating Education Groups / with topics like:

Understanding  
Trauma

Personal  
Boundaries &  
Safety

Behavior Change

Stress Management

Expressive Arts

Emotional  
Awareness &  
Self-Regulation

Cognitive  
Restructuring

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02:30 PM

Rotating Education Groups / with sessions on:

Anger  
Management

Healing &  
Sustained  
Wellness

Family Dynamics

Life Skills

Self-Care

Interpersonal &  
Communication  
Skills

Coping with  
Shame

04:00 PM

Open Recreation

Time for movement, massage, chiropractic care, yoga, or relaxation by the pool. Amenities encourage both physical wellness and mental clarity.

05:30 PM

Dinner

Chef-prepared dinner shared in a supportive and communal environment.

06:30 PM

Rotating Support Meetings

CODA, DHARMA, AA, SMART Recovery, and NAMI meetings provide diverse approaches to healing and connection.

09:00 PM

Evening Wrap-Up

Reflect on the day with journaling, discussion, and intention-setting for a restful night.

At Beach House, every day is designed to balance therapeutic progress with opportunities for rest, connection, and holistic healing.



# Beach House

FIND FREEDOM

EMBRACE HEALING, EMBRACE LIFE