Beach House
FIND FREEDOM
EMBRACE HEALING, EMBRACE LIFE

Daily Schedule:
Substance Abuse Treatment Program

Our program blends evidence based therapies with holistic activities, creating a structured yet supportive environment that fosters lasting recovery and wellness.

06:00 AM — Sunrise Beach Meditation
Begin the day with calming meditation by the ocean to reduce stress, center the mind, and set a positive tone.

07:30 AM — Breakfast
Enjoy a nutritious, chef-prepared breakfast in a communal setting that encourages connection.

08:45 AM — Spirituality Meeting
Explore personal spirituality and its role in recovery through discussions, readings, and reflections.

10:00 AM — Process Group
Core group therapy with a 9:1 patient to therapist ratio. Strong therapeutic alliances built on empathy and honesty are central to long-term success.

12:00 PM — Lunch & Open Recreation
Healthy meal followed by time for the gym, pool, business center, or leisure activities.

01:00 PM — Rotating Education Groups / with topics like:

- Anxiety Management
- Expressive Art Therapy
- Family Dynamics
- Coping with Loss
- Interpersonal Connection
- Living Sober

Daily Schedule:
Substance Abuse Treatment Program

02:30 PM — Rotating Education Groups / with sessions on:

Self-care in Sobriety	Codependency & Boundaries	Relationships in Recovery	Stress Management	Self-Esteem Coping Skills	Medical Education

04:00 PM

Open Recreation
Time to recharge with yoga, fitness, massage, chiropractic care, or poolside relaxation. Amenities highlight how rewarding sober living can be.

05:30 PM

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

06:30 PM

Rotating Recovery Meetings
Evening recovery groups include AA, SMART Recovery, and CODA, offering diverse pathways to healing.

09:00 PM

Evening Wrap-Up
Reflection, journaling, and intention-setting bring the day to a close and prepare for restful sleep.

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