

Example

L.I.F.E. Session Daily Schedule



8:30 am	Breakfast (everyone)
9:15 am	Morning activity #1 (kids) (colour tag, hiking, California kickball, etc.)
9:20 am	Training activity #1 (adults)
10:30 am	Snack (adults)
10:45 am	Snack (kids) Training activity #2 (adults)
11:00 am	Morning activity #2 (kids) (swimming, canoeing, sand construction, etc.)
12:15 pm	Lunch (everyone)
1:00 pm	Family quiet time
2:00 pm	Arts & Crafts (everyone) P-PEP (teens in discussion group)
3:00 pm	Snack (everyone)
3:15 pm	Waterfront (everyone)
5:30 pm	Dinner (everyone)
6:30 pm	Circle (everyone)
7:45 pm	Snack (everyone)
8:00 pm	12-step meetings Stories & Games (everyone else)
9:00 pm	Cabin quiet time
10:00 pm	Lights out

**Talent show on last night of L.I.F.E. Session begins after circle