

## A DAY IN THE LIFE OF OUR ROOTS RESIDENTS

An average day at Roots Recovery Residence sometimes includes group breakfasts and dinners. Our homes have household meetings, and our residents often attend treatment, support group meetings or other wellness activities together.



Residents are expected to get up by 9am In most houses, residents eat breakfast together at a set time.



Residents are required to find a job, attend classes, volunteer or receive some other kind of vocational training.



If the house provides transportation, residents will meet at a set time to attend school, work or outpatient treatment.



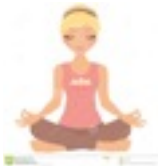
After school, work or treatment, residents do chores, laundry and other housework.



A house meeting to discuss personal disputes, household tasks and other daily activities may occur before or after dinner.



At night, residents usually attend support group meetings together.



Free time may occur after dinner until a set curfew. Resident often watch TV, read, exercise or journal during free time.