



## Cumberland Heights Sunday Family Services Schedule

Welcome! We are glad that you are here. Your presence greatly increases the recovery outcomes for your loved one in treatment as well as for you, your family, and generations to come. There is a lot going on at Cumberland Heights on Sunday. These notes will help you navigate.

1. Please arrive early. This allows you to have plenty of time to park, get to the Family Life Center to register, get your Visitor badge, and get to your scheduled activity.
2. The Family Life Center is the large building with the clock tower to the left of the parking lot. Please go to the far entrance and you will find our receptionist. Again, this is where you will sign in.
3. **Please note that lunch is only available (cost is \$12/adult) for those visitors who attend morning activities, which include Chapel, Mindfulness Practice, or individual family sessions.** There are several restaurants available on Charlotte Avenue near River Road for your convenience if you aren't able to attend these morning activities. **Please note that you must be here by 11:10AM in order to participate in the morning activities and lunch on campus.**
4. Please arrive at 12:50PM if you are coming for the Afternoon Activities and proceed to the Family Life Center as noted above.

### Schedule of Activities

Arrival Time	Group Start Time	Group	Location
9:45AM	10:15AM	1 <sup>st</sup> Time Adult Orientation	FLC Room 114/115
10:45AM	11:00AM	Chapel Service OR	FLC Auditorium
10:45AM	11:00AM	Mindfulness Practice	FLC Room 114/115
11:10AM		PLEASE BE AWARE THAT ARRIVALS LATER THAN 11:10AM WILL BE ASKED TO RETURN AT 12:50PM	
12:00P	1200PM	Lunch—ONLY FOR FAMILIES WHO ATTENDED CHAPEL/MINDFULNESS/FAMILY SESSION	Cafeteria
12:50PM	1:15PM	1 <sup>st</sup> Step Family Education Group Note: FS men have group in FS Group Room and FS Women have group in Women's Cabin. Both join their families at 2:15PM OR	FLC Auditorium
12:50PM	1:15PM	Family Recovery Groups  Note: Young Men, Traditional Adult Women and Men, as well as EC Men, attend these groups with their visitors.	1) Young Men- FLC 114/115 2) Women- Lower Level, Craig Hall 3) Men/EC- Crichton Hall - Main Meeting Rm
	2:45PM	Unstructured Visitation	
	4:00PM	Visitation Ends	