

A DAY IN THE LIFE AT PALMETTO



Physical Fitness

Exercise during gender specific exercise time by playing tennis, volleyball, basketball, by walking the property or using our onsite gym.



Therapeutic Community

Gather with your peers in the living room to set your goals and reflect on your daily gratitude



Small Group

Meet one-on-one with either your primary therapist, psychologist or physician for a private session - or use this time for personal reflection and processing.



Gender Specific Process Addition & Professionals' Group

Convene with your peers in a specialized group to treat your individualized needs.



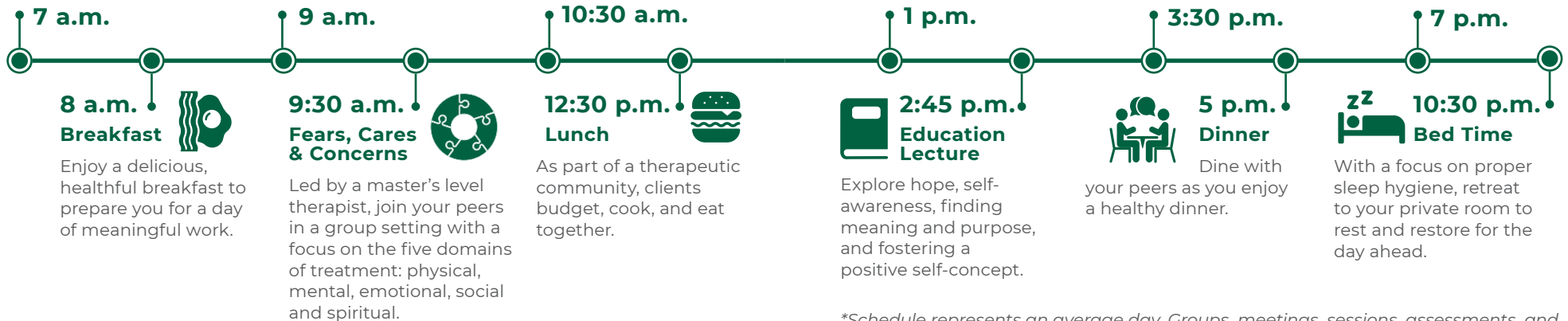
Individual Therapy Sessions, Psychiatry & Medical Assessments

Collaborate with your treatment team to achieve your goals.



Community Recovery Meeting

Gather with your peers to attend a recovery focused meeting.



**Schedule represents an average day. Groups, meetings, sessions, assessments, and mealtimes may change to accommodate the needs of the community and client.*

What To Bring **Denotes optional item*

- Any current prescription medications
- Insurance card
- Petty Cash
- Watch
- Casual clothing: gym clothes, tennis shoes, sandals (shorts no shorter than 2" above the knee)
- Undergarments
- Sheets (twin size)
- Blanket
- Pillow
- Towels & Washcloths
- Soap
- Shampoo & Conditioner
- Razor (electric or disposable)
- Shaving Cream
- Toothbrush & paste
- Alarm Clock (no radio)
- Rain gear / Umbrella
- Loose leaf paper & pens
- Mattress pad
- Laundry detergent
- Cigarettes*
- Clothes hangers*
- Tennis racket & balls*
- Fishing pole & gear*

What NOT to Bring

- Products containing alcohol (mouthwash, Bengay, & other analgesic ointments)
- Tight and/or revealing clothing: swimsuits, short shorts, etc.
- T-shirt or caps that promote alcohol or drug use or display undesirable messages
- Boats, trailers, or ATVs
- Candles or incense
- Pornography
- Electronic devices (except alarm clock without a radio)
- Perfume or colognes
- Vape pens, Juul, e-cigarette, etc.