

# Spruce Mountain Inn Group Schedule

	Sunday	Monday	Tuesday		Thursday	Friday	Saturday
8:00		AM Circle	AM Circle	AM Circle	AM Circle	AM Circle	
9:00	AM Circle	“Food Matters” Nutrition for Wellness	Healthy Bodies Yoga	Relationship Group	DBT Skills	Women’s Group & Men’s Group	AM Circle
10:00		Emotional Management Skills	↓ ↓	↓ ↓	“Grey Matters”: Neuroplasticity	Positive Changes/Leadership Group	
11:00		Addictions & Compulsions	Mindfulness-Based Stress Reduction	Academic Support & Journaling Group	Living Sober Group	↓ ↓	
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00		Recovery & Wellness Techniques	Cinema Therapy	Community Meeting	Career & Education Development	Adventure Group	Leisure Group/Outing
2:00		Open Art Studio	Expressive Arts	Treatment Team Meetings	Gym/Fitness Center	↓ ↓	↓ ↓
3:00		Therapy Group #1	↓ ↓	Independent Living Skills Seminar	↓ ↓	↓ ↓	↓ ↓
4:00		Therapy Group #2	Cooking Skills Group	Transitions Group	↓ ↓	↓ ↓	↓ ↓
5:00		↓ ↓	↓ ↓				
6:00	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In

Therapy Groups	Experiential Groups	Skills Groups	Psycho- Education
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