

# Spruce Mountain Inn Group Schedule 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00		AM Circle	AM Circle	AM Circle	AM Circle	AM Circle	
9:00		Exploring Boundaries	Yoga	Relationship Group	CBT: Cognitive-Behavioral Therapy, ACT: Acceptance & Commitment Therapy, or Effective Communication Group Rotation	Women's Group & Men's Group or Addictions & Compulsions Group Rotation	
10:00	AM Circle				Employability, Career Horizons, or Power Of Habit Group Rotation		Living Sober Group
11:00		Mindfulness, or Being Social Group Rotation	Gorilla Theater	Journaling			
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00		Recovery Techniques, or Assertiveness Group Rotation	Feedback Practicum	Community Meeting	Movement Group	Adventure Group	Leisure Group
2:00	TOWN TRIP	Academic Success	OFFBEAT Hour or Writing Studio Group Rotation	Treatment Team Meetings	Study Hall		
3:00		Therapy Group #1	Open Studio	Independent Living Skills Seminar	Cinema Therapy		
4:00			Cooking Skills	Gym/Fitness Center			
5:00		Therapy Group #2					
6:00	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In

Community Engagement Groups	Therapy Groups	Experiential Groups	Skills Groups	Psycho-Education	Creative Expression Groups
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