

SPRUCE MOUNTAIN INN GROUP SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00		AM Circle	AM Circle	AM Circle	AM Circle	AM Circle	
9:00		Mindfulness & Meditation	Yoga	Group Therapy	CBT: Cognitive-Behavioral Therapy ACT: Acceptance & Commitment Therapy Effective Communication Group Rotation	Brain Games Targets Understanding Emotions Your Brain On Dopamine Group Rotation	
10:00	AM Circle	Employability Personal Finance Power Of Habit Group Rotation			Movement Group	Open Studio	AM Circle
11:00		Hot Topics Social Psychology Group Rotation	Goals & Planning	Journaling			
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00		DBT	Offbeat Hour	Community Meeting	Living Sober		
2:00	TOWN TRIP	Academic Success	Expressive Arts	Treatment Team Meetings	Study Hall	Adventure Group	Leisure Group
3:00		Group Therapy			Feedback Group		
4:00			Cooking Skills	Gym 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

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