

Spruce Mountain Inn Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00		AM Circle	AM Circle	AM Circle	AM Circle	AM Circle	
9:00		Therapy Group	Yoga	Therapy Group	CBT: Cognitive-Behavioral Therapy DBT: Dialectical Behavior Therapy Group Rotation	Therapy Group	
10:00	AM Circle	Minfulness & Meditation			Movement Group	Open Studio	AM Circle
11:00				Journaling			
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00		Employability Personal Finance Self Leadership Power Of Habit Group Rotation	Offbeat Hour	Community Meeting	Living Sober	Adventure Group	Leisure Group
2:00	TOWN TRIP	Career Ed	Expressive Arts	Treatment team Meeting	Study Hall		
3:00				Gym Group			
4:00			Cooking Skills				
5:00	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In	Evening Check-In
6:00		Optional Gym Grp					

Community Engagement Groups	Therapy Groups	Experiential Groups	Skills Groups	Creative Expression Groups
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