

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 | Offbeat Hour | Therapy Group | CBT: Cognitive-Behavioral Therapy DBT: Dialectical Behavior Therapy Group Rotation | Therapy Group | |
| 10:00 | AM Circle | Minfulness & Meditation | Assertiveness | | Movement Group | Open Studio | AM Circle |
| 11:00 | | | | Journaling | | | |
| 12:00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1:00 | | | Yoga | 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 | | | | | |

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|-----------------------------|----------------|---------------------|---------------|
| Community Engagement Groups | Therapy Groups | Experiential Groups | Skills Groups |
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