

SPRUCE MOUNTAIN INN GROUP SCHEDULE 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00		AM Circle	AM Circle	AM Circle	AM Circle	AM Circle	
9:00		Goals & Planning	Awareness Studio	Wednesday Therapy Group	CBT: Cognitive-Behavioral Therapy ACT: Acceptance & Commitment Therapy Effective Communication Group Rotation	Social Psychology Healthy Living Addictions & Compulsions Group Rotation	
10:00	AM Circle	Employability Career Horizons Power Of Habit Group Rotation	Movement Group		Living Sober Group	Expressive Arts	AM Circle
11:00		Hot Topics Group Rotation		Journaling	Offbeat Hour		
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00		DBT	Feedback Practicum	Community Meeting	Yoga	Adventure Group	Leisure Group
2:00	TOWN TRIP	Academic Success	Open Studio	Treatment Team Meetings	Study Hall		
3:00		Therapy Group #1		Independent Living Skills Seminar	Cinema Therapy		
4:00		Therapy Group #2	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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