

Ruxton House Daily Program Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00	AA Meeting Gibson Building	AA Meeting Gibson Building	AA Meeting Gibson Building	AA Meeting Gibson Building	AA Meeting Gibson Building	AA Meeting Gibson Building	AA Meeting Gibson Building
8:00 - 9:00	Breakfast	Breakfast	Breakfast	Breakfast / Yoga	Breakfast	Breakfast	Breakfast
9:00 - 10:00	9:30 - 10:30 Ruxton Psychodynamics Quaytman & Young	9:30 - 10:30 Ruxton House Mtg & Psychodynamics Quaytman & Young	Group Walk Nursing Staff	9:30 - 10:30 Ruxton Psychodynamics Quaytman & Hicks	9:30 - 10:30 Ruxton Psychodynamics Quaytman & Young		Monthly Family Day 9:30a - 1p
10:00 - 11:00			Art Therapy Wilpers / Fadgen				
11:00 - 12:00	Restoring the Self Ross & Carlson B 237	Community Meeting The Retreat Living Room	Restoring the Self Ross & Carlson B 237	Relationships & Family Slapinski & Burd B 237	Relationships & Family Slapinski & Burd B 237	DBT in Action Nursing Staff	
12:00 - 1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1:00 - 2:00	Mentalization Hayes & Nikhinson B237	Individual Sessions	Essential DBT Mouratidis & Liszewski B237	Individual Sessions	Essential DBT Mouratidis & Ross B 237	Therapeutic Outing Marvel & Nursing Staff	NCR Trail Or Residents' Choice
2:00 - 3:00	Individual Sessions or Relapse Prevention Group Connelly / Young B 335	Individual Sessions or Process Group Connelly / Franklin B 335	Individual Sessions or Co-Occurring 101 Connelly / Schurtz B 335	Individual Sessions or Process Group Connelly / Franklin B 335	Individual Sessions Recovery Life Group Connelly / Ennis B335		
	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions		
3:00 - 4:00	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions		
4:00 - 5:00	Music Group Kakuska & Liszewski B 237	Experiential Group Marvel & Ennis	Biomedical Psychoeducation Aaronson & Quaytman B 237	Positive Psychiatry Young & Flanders B 237	Rock Climbing Marvel / Staff Earth Treks		Traditional Chinese Medicine or Residents' Choice Lion B201
5:00 - 6:00	Yoga Eubanks B237						
6:00 - 7:00				Dinner / Living Life Ruxton House 1st Thursday - Cooking 2nd Thursday - Games 3rd Thursday - Music 4th Thursday - Art 5th Thursday - Games			
7:00 - 8:00	Ruxton AA Mtg		Prodey Alcohol Education Lecture Series Conference Center				

Updated
3/14/2018

COLOR CODES	Dialectical Behavior Therapy	Biomedical Psychiatry	Family Therapy	The Art of Living Well	Exploratory Psychotherapy	Co-Occurring / Addictions
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