

## The Retreat at Sheppard Pratt Daily Program Schedule

**Family Day (Monthly)**  
**9:30a-1p B237**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TIME</b>							
<b>7:00 - 8:00</b>	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
<b>8:00 - 9:00</b>	Breakfast	Breakfast	Breakfast	Breakfast / <b>Yoga</b>	Breakfast	Breakfast	Breakfast
<b>9:00 - 10:00</b>	Individual Sessions <b>or</b>	Individual Sessions <b>or</b>	Individual Sessions <b>or</b>	Individual Sessions <b>or</b>	Individual Sessions <b>or</b>	Psychodynamics Attending Psychiatrist B 237	Attending Group at the Breakfast Table
	Group Walk Lion	Morning Yoga Eubanks B237	Group Walk Nursing Staff	Health & Wellness Marvel	Traditional Chinese Medicine Lion		
<b>10:00 - 11:00</b>	Psychodynamics Kakuska / Hayes B 237	Breath & Meditation 10-10:30 Eubanks B 237	Psychodynamics Kakuska / Hayes B 237	Psychodynamics Kakuska / Hayes B 237	Psychodynamics Kakuska / Hayes B 237	Art Therapy Wilpers / Fadgen B221	Merritt Athletic Club Nursing Staff
<b>11:00 - 12:00</b>	Restoring the Self Ross / Carlson B 237	Community Meeting 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 B 237	DBT Orientation Nursing Staff
<b>12:00 - 1:00</b>	Lunch	Lunch	Lunch	Lunch / Weekend Planning	Lunch	Lunch	Lunch
<b>1:00 - 2:00</b>	Mentalization Hayes / Nikhinson B237	Art Therapy Wilpers / Fadgen B 221	Essential DBT Mouratidis / Gylan B237	Art Therapy Wilpers /Fadgen B 221	Essential DBT Mouratidis / Ross B 237	Therapeutic Outing Marvel & Nursing Staff	NCR trail or residents' choice Nursing Staff
<b>2:00 - 3:00</b>	Individual Sessions <b>or</b>	Individual Sessions <b>or</b>	Individual Sessions <b>or</b>	Individual Sessions <b>or</b>	Individual Sessions <b>or</b>		
	Relapse Prevention Group Connelly / Young B 335	Process Group Connelly / Franklin B 335	Recovery Life Group Connelly / Schurtz B 335	Process Group Connelly / Franklin B 335	Co-Occurring 101 Connelly / Ennis B335		
<b>3:00 - 4:00</b>	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions		
<b>4:00 - 5:00</b>	Music Group Kakuska B 237	Experiential Group Marvel / Ennis	Biomedical Psychoeducation Aarons / Quaytman B 237	Positive Psychiatry Young / Flanders B 237	Rock Climbing Marvel / Staff Earth Treks		Traditional Chinese Medicine or Residents' Choice Lion B201
<b>5:00 - 6:00</b>	Yoga Eubanks B237						
<b>6:00 - 7:00</b>	Dinner	Dinner	Dinner	Ruxton House Dinner / Living Life	Dinner	Dinner	Dinner
<b>7:00 - 8:00</b>	Ruxton AA Meeting		Prodey Alcohol Education Lecture Series Conference Center	1st Thursday - Cooking 2nd Thursday - Games 3rd Thursday - Music 4th Thursday - Art 5th Thursday - Games			Movie/Homework for Restoring the Self Nursing Staff
<b>8:00 - 9:00</b>	Game or Movie Night Nursing Staff						

Updated  
March 14, 2018

**COLOR  
CODES**

Dialectical Behavior  
Therapy

Biomedical Psychiatry

Family Therapy

The Art of Living Well

Exploratory  
Psychotherapy

Co-Occurring /  
Addictions