

The Retreat at Sheppard Pratt Daily Program Schedule

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

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 / Yoga	Breakfast / Yoga	Breakfast	Breakfast	Breakfast / Yoga	Breakfast	Breakfast
9:00 - 10:00	Individual Sessions or	Individual Sessions or	Individual Sessions or	Individual Sessions or	Individual Sessions or	Psychodynamics Attending Psychiatrist B 237	Attending Group at the Breakfast Table
	Mind Body Continuum Lion B201	Mood and Food Lion B201	Group Walk Nursing Staff	Health & Wellness Marvel	Stress Management Lion B 201		
10:00 - 11:00	Psychodynamics Kakuska / Hayes B 237	Community Meeting Living Room	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
11:00 - 12:00	Restoring the Self Ross / Carlson B 237	Meditation Practices Eubanks B 237	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
12:00 - 1:00	Lunch	Lunch	Lunch	Lunch / Weekend Planning	Lunch	Lunch	Lunch
1:00 - 2:00	Mentalization Hayes / Nihinson B237	Art Therapy Wilpers / Fadgen B 221	Essential DBT Mouratidis / Liszewski B237	Art Therapy Wilpers / Fadgen B 221	Essential DBT Mouratidis / Ross B 237	Therapeutic Outing Marvel & Nursing Staff	Sheppard Walking Tour or NCR trail Nursing Staff
2:00 - 3:00	Individual Sessions or	Individual Sessions or	Individual Sessions or	Individual Sessions or	Individual Sessions or		
	Relpase Prevention Group Connelly / Young B 335	Process Group Connelly / Franklin B 335	Co-Occurring 101 Group Connelly / Schurtz B 335	Process Group Connelly / Franklin B 335	Recovery Life Group Connelly / Dudek B335		
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 / Dudek	Biomedical Psychoeducation Aaranson / Quaytman B 237	Positive Psychiatry Young / Flanders B 237	Rock Climbing Marvel / Staff Earth Treks		Traditional Chinese Medicine / Residents' Choice Lion B201
5:00 - 6:00							
6:00 - 7:00	Dinner	Dinner	Dinner	Dinner / Living Life Ruxton House 1st Thursday - Cooking 2nd Thursday - Games 3rd Thursday - Music 4th Thursday - Art 5th Thursday - Games	Dinner	Dinner	Dinner
7:00 - 8:00	Game or Movie Night Nursing Staff		Alcohol Education Lecture Series Prodey Conference Center				Movie/Homework for Restoring the Self Nursing Staff
8:00 - 9:00							

Updated April 17, 2017

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