

Smoky Mountain Lodge Activity Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
7:30 am-8:30 am	Catch Up & Coffee w/ Tech																						
7:30 am-8:30 am	ADL																						
8:30 am-9:30 am	Morning Group/Breakfast																						
9:30 am-10:45 am	Mindfulness (Women)	Mindfulness (Men)	ADL	Mind Body Connection	Team Building	ADL	Communication & Boundaries Based in DBT	ADL	Community Center	Animal Assisted Therapy	Distress Tolerance Based DBT	ADL	Animal Assisted Therapy	Radical Acceptance in DBT Skills	ADL	Outdoor Group	Animal Assisted Therapy	Processing Group	ADL (T)	Volunteering at the Stables	Healthy Relationships	ADL (T)	Animal Assisted Therapy
11:00 AM	Snack																						
11:30am-12:45 pm	Therapeutic Processing (Women)	Therapeutic Processing (Men)	Game Time	Self-Esteem	Open Art	Structured Self-Study	Psycho-Education	Community Center	Animal Assisted Therapy	Seeking Safety (Women)	Seeking Safety (Men)	Structured Self-Study	Animal Assisted Therapy	Social Skills	Outdoor Group	Animal Assisted Therapy	Co-Dependency	Structured Self-Study	Volunteering at the Stables	Processing Group	Anger Management	Animal Assisted Therapy	
1:00 pm-2:00 pm	Lunch																						
2:00 pm-3:15 pm	Matrix Relapse Prevention	Structured Self-Study	Outdoor Group	Matrix Relapse Prevention	Effectiveness Group	Community Group	Structured Self-Study	Nurses Group	Spectrum Group	Rec Wellness	Structured Self-Study	Matrix Relapse Prevention	Processing (T-Closed)	Structured Self-Study	Horseback Riding Lessons	Co-Occurring Substance Use Group	Tech Lead Open Art	Structured Self-Study					
3:30 PM	Snack			Snack				Snack					Snack										
4:00 pm - 5:15 pm	Navigating SML	WRAP Group		Family Dynamics	Wellness	Structured Self-Study	Process group	CBT Group	Structured Self-Study	Therapist Assigned Activity	Structured Self-Study	Processing	WRAP Group	Structured Self-Study	ACT (Women)	ACT (Men)	Structured Self-Study	CBT	Women's Focus Group	Structured Self-Study			
5:30 PM	ADL & Mail Delivery																						
6:00 PM	Dinner																						
7:00 pm - 7:45 pm	Closure Group		Fireside Chat		Closure Group		Closure Group		Closure Group		Fireside Chat			Closure Group									
8:00 pm-9:00 pm	ADL & Medication Management																						
9:00 PM	Snack																						
9:30 PM	Room Time																						
11:00 PM	Lights Out																						