

Sample Group Schedule



	IN PERSON		VIRTUAL			IN PERSON		IN PERSON		VIRTUAL	VIRTUAL
	MON	TUES	WEDS	THURS	FRI	SAT	SUN				
9am	Breakfast/Morning	Breakfast/Morning	Breakfast/Morning	Breakfast/Morning Supported Breakfast (9:15am) Book Club	Breakfast						
10am	Executive Functioning/ Life Skills	Yoga	Mindfulness Intensive DBT: Section 3	Men's Process Women's Process	Yoga Intensive DBT: Section 3						
10:30am										Sunday Stretch	
11am	Seeking Safety	Relationship Group	Meditation Art & Soul	Learning/Productivity Lab Walking Group JSA (Justice, Service, Advocacy)	Seeking Safety						
11:30am										Sunday Programming	
12pm	Mindfulness Cog Rem	Artful Communication	DBT Graduate		26 Plus						
12:15pm				Nutrition Group	Meal Support						
12:30pm		Meal Group (ED)									
1pm	Team (Conference room) Monday Movement	CoDA Group Comp DBT: Section 2	Meal Outing Botany Club	Community Meeting	Digital Age					Homework Cafe	
2pm	Nicotine Cessation Dorm U	Step + Spirituality Group Social Skills Group Entrepreneurship Club	Team (Group room) Dorm Fit	Systems Group	Team/DBT Consult Meditation						
3pm	Voc Ed Body Image	Team (Conference room) Dorm Fit	Artful Communication Cognitive Remediation	Recovery Group	Sports Group Identity & Sexuality						
4pm	Spoken Word Comp DBT: Section 1	26 Plus	Identity & Sexuality	Intuitive Eating Living w/ Chronic Conditions	Women's Social						
5pm	Seeking Safety Grad	Transgender/Gender Non-Conforming (T-GNC) Process	Learning/Productivity Lab Advanced Process Group		Music Club						
5:30pm		Cooking Group									
5:45pm					Men's Social						
6pm	Art/Rec Meal Support (ED)		Health & Dinner Group	Social Group							
7pm	Multi-Family Group No Serenity Til Brooklyn: AA	Food & Mood Young People's Step: AA	Speakeasy AA Parent Group	Never Had a Legal Drink: AA		YES: AA	Renewal West: AA				
8pm					Young & Wise: AA						