

Skywood Weekly Schedule

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Time	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday											
Date																										
			RTC Women's Laundry Day Put your linens out before 7:30am				RTC Men's Laundry Day Put your linens out before 7:30am		PHP Linen Day Please put your linens in a basket on the porch before 7:30am		Towel Exchange Day ALL PT put your towels out before 7:30am															
8:00 AM	Breakfast: 8-9AM																									
9AM	Bible Study Room: DW Scot Miller		Process Group All Men (See Below for Groups)		Women in Recovery Angie ROOM: DW All Women		Process Group All Men (See Below for Groups)		Connections Kate ROOM: DW All Women		Process Group All Men (See Below for Groups)		CBT/Sp. Topics Scot Miller ROOM: DW All Women		Process Group All Men (See Below for Groups)		Women in Recovery Leslie ROOM: DW All Women		Behavior Therapy ROOM: DW Dr. Taylor		Emotional Sobriety ROOM: DW Angie		Bible Study Room: DW Scot Miller			
10:00 AM	CBT ROOM: DW Scot Miller		PHP Process Group ROOM: WL Hans		Men in Recovery Art ROOM: DW All Men		Process Group All Women (See Below for Groups)		ACT Brian ROOM: DW All Men		Process Group All Women (See Below for Groups)		CBT/Special Topics Scot Miller ROOM: DW All Men		Process Group All Women (See Below for Groups)		ACT Brian ROOM: DW All Men		Process Group All Women (See Below for Groups)		RA Activities RA Team ROOM: DW		CBT ROOM: DW Scot Miller		PHP Process Group ROOM: WL Hans	
10:30AM																										
11AM																										
12:00 PM	Lunch 12-1PM																									
1PM	CBT ROOM: DW Hans		Aftercare ROOM: DW Sabrina		Community ROOM: DW Dr. Taylor & Donna		RA Activities ROOM: DW RA Team		Yoga RM GYM Abbie		Transformation ROOM: DW		CBT ROOM: DW Karol		Yoga RM GYM Abbie		CBT Film Analysis ROOM: DW Scot Miller		PHP Process Group ROOM: WL Jerrica		CBT ROOM: DW Hans					
2:00 PM			Self Love ROOM: DW Danielle		Equine Therapy @ 1:30pm Meet Outside Chicory Jenn R		Behavior Therapy ROOM: DW Dr. Taylor		Disc Golf 18th Hole Art		DBT/CBT ROOM: DW Jenn		Behavior Therapy ROOM: DW Alex													
2:30 PM													Behavior Therapy ROOM: DW Kenia		Weekend Planning ROOM: DW Lead RA				Reflection Hour		Reflection Hour					
3PM	Reflection Hour																									
4PM	Reflection Time		Reflection Time		Reflection Time		Reflection Time		Reflection Time		Reflection Time		Reflection Time		Reflection Time		Reflection Time		Reflection Time		Reflection Time					
5:00 PM	Dinner: 5-6PM																									
6PM			AA Meeting/SMART Recovery RM DW		NA Meeting RM DW MANDATORY																					
7PM			Guided Meditation		Art Group		Book Club/Game Night		Physical Education		Move Night															

	Monday	Tuesday	Wednesday	Thursday
9:00am-10:15am	Process Group Men A ASP Aubrie	Process Group Men B ASP Steve (BLND)	Process Group Men A ASP Art	Process Group Men B ASP Steve (BLND)
	Process Group Men C WDL Laura	Process Group Men D DIN AJ	Process Group Men C WDL Jerrica	Process Group Men D DIN Alex
	Process Group PHP Men PGR Kerissa	Process Group PHP Men PGR Leslie	Process Group PHP Men PGR Kerissa	Process Group PHP Men PGR Karol
10:30am-11:45am	Process Group Women A WDL Karol	Process Group Women B ASP Steve (BLND)	Process Group Women A WDL Karol	Process Group Women B ASP Jerrica
	Process Group Women A WDL Stephanie (BLND)	Process Group Women B ASP Steve (BLND)	Process Group Women A WDL Stephanie (BLND)	Process Group Women B ASP Steve (BLND)

Group Room Key
GYM
ASP - Aspen
WDL - Wood Lilly
PGR - PHP Group Room
DW - Dogwood
DIN - Dining Room