

TIME	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Full Day PHP or AM IOP					
8:30- 9:30 am	Breakfast @ BLS Olivia/Rachel	Joy Breakfast Olivia/Claire	Breakfast @ BLS Olivia/Celina	Breakfast @ BLS Claire/Rachel	Breakfast @ BLS Claire/Olivia
9:30 -10:30 am	Weekend Processing & Goal Setting/ Art Therapy Group Mindi	DBT Group Hillaree	Letting Go Group Flor	ACT Group Jenna	Processing and Weekend Planning Olivia
10:30-11:30am	Body Image Group Celina	Self-Compassion Group Celina	Music Therapy Group Flor	8 Keys to Recovery Group Rachel	DBT Group Celina
11:30-12:30p	Identity Group Celina	Mindful Movement Olivia	Mindfulness Group Hillaree	Dance/Movement Group Celina	Weekend Planning Group Hillaree
Afternoon IOP					
12:30-1:30 pm	Lunch Support and Processing Group @ BLS (Bring hot meal to prepare) Claire/Olivia	Lunch Support and Processing Group @ BLS Claire/Olivia	TAKE OUT-JOY Lunch Claire/Hillaree	Lunch Support and Processing Group @ BLS Claire/Hillaree	Lunch Support and Processing Group @ BLS Claire/Celina
1:30-2:30 pm	Relaxation Group Flor	CBT Group Rachel	Eating Disorder Education Series Amanda C./Rachel	Mindfulness Group Celina	ED Separation Group Celina
2:30-3:30 pm	CBT Group Rachel	Dance/Movement Group Celina	Body Image Group Celina	Art Therapy Group Mindi	DBT Group Hillaree
3:30-4:30 pm	Snack/Processing/Nutrition Olivia	Snack/Processing/Music Flor	Snack/Processing/Nutrition Olivia	Snack (joy) and processing Olivia	Snack/Processing & Weekend Planning Olivia

Partial Hospitalization Program (PHP) hours:
MWF 8:30-11:30a; 12:30-3:30p
Tues/Th 8:30a-2:30p

Intensive Outpatient Program (IOP)
5 day Session A IOP: MWF: 12:30-3:30p; Tu/Th: 8:30-11:30a
5 day Session B IOP: MWF: 11:30-12:30p; Tu/Th: 8:30-11:30a
3 day Session A: IOP: MWF: 12:30-3:30p
3 day Session B: IOP: MWF:11:30-2:30p

*Typical Program hours, subject to change