

Day Treatment / Partial Hospitalization Program (PHP)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am - 11:50am Individual Therapy Sessions	10:00am - 11:50am Individual Therapy Sessions	10:00am - 11:50am Individual Therapy Sessions	10:00am - 11:50am Individual Therapy Sessions	10:00am - 11:50am Individual Therapy Sessions	10:00am - 11:50am Individual Therapy Sessions
12:00 - 12:15 Meditation & Goal Setting	12:00 - 12:15 Meditation & Goal Setting	12:00 - 12:15 Meditation & Goal Setting	12:00 - 12:15 Meditation & Goal Setting	12:00 - 12:15 Meditation & Goal Setting	8:00 - 8:15 Meditation & Goal Setting
12:15 - 1:30 Lunch & Process	12:15 - 1:45 Nutrition Outing / Cooking Class	12:15 - 1:30 Lunch & Process	12:15 - 1:30 Lunch & Process	12:15 - 1:30 Lunch & Process	8:15 - 8:45 Family Breakfast (provided)
1:30 - 1:45 Break	1:45 - 1:50 Break	1:30 - 1:45 Break	1:30 - 1:45 Break	1:30 - 1:45 Break	8:45 - 10:00 Family Education
1:45 - 3:00 Mindfulness & Self-Compassion	1:50 - 3:00 Expressive Arts	1:45 - 3:00 Body Image	1:45 - 3:00 Meal Planning	1:45-3:00 Changing Your Thinking	10:00 - 10:15 Break
3:00 - 3:15 Break	3:00 - 3:15 Break	3:00 - 3:15 Break	3:00 - 3:15 Break	3:00 - 3:15 Break	10:15 - 10:45 Snack
3:15 - 4:00 Snack & Journal	3:15 - 4:00 Snack & Journal	3:15 - 4:00 Snack & Journal	3:15 - 4:00 Snack & Journal	3:15 - 4:00 Snack & Journal	10:45 - 11:45 Multifamily Group
4:00 - 5:15 Nutrition Education	4:00 - 5:15 Emotion Awareness & Resiliency	4:00 - 5:15 Equine Therapy	4:00 - 5:15 Healthy Relationships	4:00 - 5:15 Relapse Prevention	11:45 - 12:00 Break / Family Departs
5:15 - 5:30 Break	5:15 - 5:30 Break	5:15 - 5:30 Break	5:15 - 5:30 Break	5:15 - 5:30 Break	12:00 - 12:15 Meditation & Goal Setting
5:30 - 6:45 Dinner & Process	5:30 - 6:45 Dinner & Process	5:30 - 6:45 Dinner & Process	5:30 - 6:45 Dining in with the Dietitian	5:30 - 6:45 Dinner & Process	12:15 - 1:30 Lunch & Process
6:45 - 7:00 Meditation & Goal Setting	6:45 - 7:00 Meditation & Goal Setting	6:45 - 7:00 Meditation & Goal Setting	6:45 - 7:00 Meditation & Goal Setting	6:45 - 7:00 Meditation & Goal Setting	1:30 - 1:45 Break
					1:45 - 3:00 Yoga / Tai Chi
					3:00 - 3:45 Snack & Journal

****On the first Monday of each month at 1:45 PM, we will be holding our client input meeting.***

*****On the first and third Wednesdays of each month at 6:00 PM, we hold an ANAD support group.***

******On the second and fourth Wednesdays of each month at 6:00 PM, we hold a drop in support group for family & friends of those with eating disorders.***