



Intensive Outpatient Program (IOP) - Early PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1:30 - 1:45 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
					10:15 - 10:45 Snack
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	10:45 - 11:45 Multifamily Group
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	

Intensive Outpatient Program (IOP) - Late PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	12:00 - 12:15 Meditation & Goal Setting
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	12:15 - 1:30 Lunch & Process
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	1:30 - 1:45 Break
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	1:45 - 3:00 Yoga / Tai Chi
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	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.*