



DAY TREATMENT PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00
Weekend Check-in (Sarah) 8:00-9:00	ED Group (Theresa) 8:30-9:15	Menu Planning (Michelle/Rebecca) 8:00-8:45	Process Group (Nancy) 8:15-9:15	Anxiety Management (Marcio) 8:15-9:15	Life Skills with Skills Coach (Laura C.) 8:15-9:30	Grounding & Containment (Jenn/Rachel) 8:30-9:30
Core Group (Mark/Lori/Lauren) 9:00-10:30	Core Group (Mark/Lori) 9:30-10:30	Life Skills with Skills Coach (Laura C.) 9:00-10:00	Core Group (Mark/Lori) 9:30-10:30	Core Group (Jim) 9:15-10:30	Gender Sexuality Intimacy & Relationships (Nancy) 9:30-10:30	AA Meeting 10:00am
SNACK 10:30-11:00	SNACK 10:30-11:00	SNACK 10:00-10:30	SNACK 10:30-11:00	SNACK 10:30-11:00	SNACK 10:30-11:00	SNACK 10:30-11:00
ED Group (Theresa) 11:00-12:15	More Core or Didactic Module (Lori/Mark) 11:00-12:00	CBT (Marcio) 10:30-12:00	Body Image Group (Cara) 11:00-12:15	Expressive Group (Laura W.) 11:00-12:15	Spirituality (Laura C.) 11:00-12:00	Individual sessions assignments
LUNCH & POST MEAL 12:30-1:30	LUNCH & POST MEAL 12:30-1:30	LUNCH & POST MEAL 12:30-1:30	CHEF'S CHOICE 12:30-1:30	LUNCH & POST MEAL 12:30-1:30	LUNCH & POST MEAL 12:30-1:30	LUNCH 12:00-1:00
Feelings, Assertiveness & Self Responsibility (Cara) 1:30-3:00	Expressive Group (Lori) 1:30-3:00	Sexual Healing (Jim) OR Guided Imagery (Theresa) 1:30-2:30	Pilates (Pilates Instructor) 1:30-2:30	ED Group (Theresa) 1:30-3:00	OUTING VISITORS	Dance Movement (Jenn) 1:00-2:30
SNACK 3:00-3:30	SNACK 3:00-3:30	SNACK 2:30-3:00	SNACK 2:30-3:00	SNACK 3:00-3:30		SNACK 2:30-3:00
Individual sessions assignments	Individual sessions assignments	Individual sessions assignments	Individual sessions assignments	Open Art Studio (Kitty) 3:30-5:00		Relapse Prevention Group (Jenn) 3:00-4:30
Meditation (Laura W.) OR Anxiety Management (Marcio) 5:00-6:00	Yoga (Laura W.) 5:00-6:00	Anxiety Management (Marcio) 5:00-6:00	Anxiety Management (Marcio) 5:00-6:00			12-Step Group (Deborah) 4:30-5:30
DINNER & POST MEAL 6:15-7:00	DINNER & POST MEAL 6:15-7:00	CLIENT'S CREATION 6:15-7:00	DINNER & POST MEAL 6:15-7:00	DINNER & POST MEAL 5:30-6:15		DINNER & POST MEAL 6:15-7:00
AA Meeting 8:00pm	Pre-contract 7:15-8:15					