

## Eating Disorders Center of Missouri Intensive Outpatient Program Schedule

Monday	Tuesday	Thursday	Friday
Treatment Goals and Check-in Amy <b>4:00-5:00pm</b>	Core Group Mark or Lori <b>4:00-5:30pm</b>	Nutrition Group Rebecca <b>4:00-5:00pm</b>	Core Group Amy <b>3:00-4:00pm</b>
Treatment Goals and Check-in Amy <b>5:00-6:00pm</b>		Life Skills Coaching Laura <b>5:00-6:15pm</b>	Special Topics Amy <b>4:00-5:00pm</b>
Therapeutic Meal Amy <b>6:00-7:00pm</b>	Therapeutic Meal Amy <b>5:45-6:45pm</b>	Therapeutic Meal/Individual Life Coaching Sessions Amy and Laura <b>6:15-7:15pm</b>	Weekend Planning/Relapse Prevention Amy <b>5:00-6:00pm</b>
Eating Disorder Group Amy <b>7:00-8:00pm</b>	Creative Arts/Expressive Therapy Group Amy <b>6:45-8:00pm</b>	Process Group/Individual Life Coaching Sessions Amy and Laura <b>7:15-8pm</b>	Client Dinner Outing <b>6:00pm</b>

**Community Support Group is available on Sunday nights. Please call Amy for more information: (636) 386-6611 x215**

In order for the program to run smoothly, clients will need to arrive at the IOP facility 15 minutes before the first group begins.

The current program schedule may be changed over time in response to ongoing assessment of client needs. Although we encourage clients to utilize one another's support, post-group interaction will need to be off site, as the facility will close at the finish of the last group of the IOP program day.