



STEPDOWN PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weekend check in (Whitney) CW 8:15-9:00	Individual Therapy Sessions 7:00-12:30	AA Meeting 10:00am	Individual Therapy Sessions CW 8:00-1:00	Yoga(Laura W.) IOP 9:00-10:00	Lifeskills with Life Coach (Laura C.) CW 8:30-9:30	AA Meeting 10:00am
Core Group CW (Mark/Lori/Lauren) 9:00-10:30			Body Image (Cara) CW 11:00-12:15	Weekend & Menu Planning Goal Setting Group (Emily/Michelle) IOP 10:00-12:00	Gender Sexuality Intimacy & Relationships (Nancy) CW 9:30-11:00	
ED Group (Theresa) CW 11:00-12:15						
Lunch and Meal Processing CW 12:30-1:30	Lunch and Meal Processing (On own)	Lunch and Meal Processing CW 12:30-1:30	Chef's Choice Meal and Processing CW 12:30-1:30	Lunch and Meal Processing IOP 12:30-1:30	Spirituality (Laura C.) CW 11:00-12:00	Lunch and Meal Processing (On own)
Individual Therapy Sessions 1:30-3:00		Sexual Healing Group/Guided Imagry Group (Jim) CW 1:30-2:30	Anxiety Management (Marcio) CW 1:45-3:00	Grocery Shopping with Dietitian (Michelle) 1:00-2:30	Lunch and Meal Processing (bring lunch to CW)	Dance Movement (Jenn) CW 1:00-2:30
Cognitive Group (Mark) 3:00-4:00	Relapse Prevention (Theresa) IOP 2:00-3:00	Experiential Group (Lori) IOP 3:30-5:00	Process Group (Emily/Whitney) CW 3:15-4:15		Individual Therapy Sessions 2:00-6:00	Life Skills in Practice with Life Coach (Laura C.) CW 1:00-3:00
Core Group (Mark/Whitney) 4:00-5:30	ED Group (Theresa) IOP 3:00-4:30		Healthy Relationships (Lauren) IOP 5:00-6:00	Core Group (Emily/Whitney) CW 4:15-5:30		
	Anxiety Group (Marcio) IOP 4:30-5:30					
DINNER AND MEAL PROCESSING 6:00-8:00 SD	DINNER OUTING AND MEAL PROCESSING (Michelle) 5:45-7:00 pm	DINNER AND MEAL PROCESSING 6:00-8:00	DINNER and MEAL PROCESSING AT SD 6-7:00	DINNER WITH PEERS 6:00- 7:00	FREE TIME	DINNER AND MEAL PROCESSING 6:00-7:00 SD (Rebecca)
	FREE TIME			AA Meeting 8:00pm		