



STEPDOWN PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CW I	Individual Therapy Sessions or Exposures with Jake 7:30-12:30	CW II	CW II	CW I	CW I	AA Meeting 10:00am
Weights and Vitals 7:30-7:45		Breakfast at CW II with Jada 8:30-9:00	Weights & Vitals at 8:15	ED Group (Theresa/Jada) 8:15-9:15	Mindful Walk (Staff) 8:30-9:30	
Breakfast at CW I 7:45-8:15			Relationships & Sexuality (Jada/Mike) 9:00-10:00			
Weekend Processing in Art room (Jim/Jada) 8:30-10:30		Process of Recovery (Jane/Jada) 10:30-11:30	DBT (Katie) 10:00-11:00	Addictions Group (Annalee) 9:30-10:30	Gender Sexuality, Intimacy & Relationships (Nancy) 10:00-11:00	
Snack 10:30-11:00		SNACK (During Group) 10:30-11:00	Sexual Healing Group (Jim) 11:00-12:00			
Relapse Prevention (Jim/Jada) 11:00-12:00		Anxiety Management (Marcio) 11:00-12:00	Lunch and Meal Processing (Jada) 12:00-1:00	Menu Planning (Alyssa/Jada) 11:00-12:15	Core Group (Nancy) 11:15-12:15	
	IOP Office				CW I	
Lunch with Jada 12:00-1:00	Lunch & Processing with Peers 12:00pm-1pm	Lunch and Binge Eating Group (Katie) 12:30-2pm	Individual Therapy Sessions 1pm-2:30pm	Lunch and Meal Processing with Alyssa 12:30-1:15	Lunch with Jessica (Pack & Bring) 12:30-1:30	Lunch & Meal Processing with Peers 12:00-1:00
	Pre:contracts & Goal Setting 1:00-1:45	Individual Therapy Sessions or Exposure Therapy 2:30-3:30	Core Group (Jada/Laura) 2:30-3:30	Grocery Shopping with Alyssa 1:30-2:30	Art Therapy (Jessica) 1:30-3:00	Anxiety Management (Krista) 1:30-2:30
Individual Therapy Sessions or Exposures 1:00-4:00	Nutrition Group (Alyssa) 2:00-3:00	Expressive Group at IOP (Lori/Laura) 3:30-5:00				
Core Group (Mark/Jada) 4:00-5:00	Process Group (Jada) 3:00-4:00	Yoga (Laura W.) 5:00-5:30	Individual Therapy Sessions or Exposures with Jake 3:30-5:30	Individual Therapy Sessions or Exposures with Jake 3:00-5:00		Relapse Prevention (Krista) CW 3:00-4:00
DINNER AND MEAL PROCESSING (Arathi) 5:30-7:30	ED Group (Jada/Theresa until 5:00 every other week) 4:00-5:30	DINNER AND MEAL PROCESSING (Jada) 5:30-6:30				12-Step Addiction Group (Deborah) CW 4:00-5:00
	PRACTICE: DINNER OUTING & PROCESS (Elizabeth) 5:45-7:00		COOKING: PREP, EDUCATION/EATING (Elizabeth) 5:30-7:30	DINNER AND MEAL PROCESSING 5:30-6:30	DINNER OUTING AND MEAL PROCESSING 5:30-7:00 (Jada)	