



CASTLEWOOD WEST STEPDOWN SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-12:00 Core Group with Residential Community <i>(Mark, Lori)</i> *Castlewood	3:00-4:30 ED Group <i>(Theresa, Deanna)</i> *IOP	12:30 – 1:30 Quick and Easy Lunch <i>(Deanna)</i> *IOP	3:00 -4:00 Body Image Group <i>(Deanna)</i> *IOP	10:00-11:00 Weekend Planning Group <i>(Deanna, Michelle)</i> *SD House	12:00 – 4:00 Lunch Out and Leisure Activity (Client Led)	5:30 – 7:30 Meal prep & Dinner (Client Led)
3:00 – 4:00 Cognitive Group <i>(Mark, Deanna)</i> *Castlewood	5:00-6:30 ED Support Group <i>(Theresa, Michelle)</i> *Off Campus	3:30 – 4:30 Expressive Group <i>(Lori, Deanna)</i> *IOP	4:00 – 5:00 Stepdown Core Group <i>(Deanna)</i> *IOP	11:00-12:00 Meal Planning & Grocery Lists <i>(Michelle, Deanna)</i> *SD House		
4:00 – 5:30 Stepdown Core Group <i>(Mark & Deanna)</i> *Castlewood	6:30-8:00 Meal Outing and Processing <i>(Michelle)</i>	4:30 – 5:30 Process Group <i>(Deanna)</i> *IOP	6:00 – 7:30 Quick & Easy Meal & Post <i>(Michelle)</i> *SD House	12:00-1:00 Quick and Easy Lunch <i>(Deanna, Michelle)</i> *SD House		
6:00 – 8:00 Meal Prep, Dinner & Post Meal <i>(Deanna)</i> *SD House		5:30-7:30 Meal Prep, Dinner & Post Meal <i>(Client Led)</i> *SD House		1:00-2:30 Therapeutic grocery shopping for community & personal food items <i>(Michelle)</i>		
		7:30 - ? Game/Movie Night <i>(Clients only)</i> *SD House		6:00-7:00 Dinner and Post Meal with residents <i>(OPTIONAL)</i> *Castlewood		