



CW I RESIDENTIAL PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THERAPEUTIC MEAL/PROCESSING 7:30-8:00	THERAPEUTIC MEAL/PROCESSING 7:30-8:00	THERAPEUTIC MEAL/PROCESSING 7:30-8:00	THERAPEUTIC MEAL/PROCESSING 7:30-8:00	THERAPEUTIC MEAL/PROCESSING 7:30-8:00	THERAPEUTIC MEAL/PROCESSING 7:30-8:00	THERAPEUTIC MEAL/PROCESSING 7:30-8:00
Meditation/Guided Imagery (Kevin) 8:30-9:00	ED Group (Theresa) 8:15-9:15	Menu Planning (Sam/Alyssa) 8:15-8:30 Art Psycho-therapy (Jessica) 8:30-9:45	Process Group (Nancy/Sam) 8:15-9:15	Attachment/ Expressive Group (Mike/Laura W.) 8:30-10:30	Mindful Walk 8:30-9:30 (Staff)	Yoga 9:00-9:45 *
Core Group/ Check in (Mark/Lori/Sam) 9:00-10:30	Core Group (Mark/Lori) 9:30-10:45	ED Group (Theresa) 10:00-11:00	Core Group (Mark/Lori) 9:30-10:30		SNACK 9:30-10:00	AA Meeting 10:00am Alternating Weeks: Dissociative Disorder Group (Mark) or Transitions Group (Theresa)
SNACK 10:30-11:00	SNACK 10:45-11:15	SNACK 11:00-11:15	SNACK 10:30-11:00	SNACK 10:30-11:00	Gender, Sexuality, Intimacy & Relationships (Nancy) 10:00-11:00	SNACK 10:00-10:30
ED Group (Theresa) 11:00-12:15	Module (Mark) 11:15-12:15	The Process of Therapy (Kevin/Travis) 11:15-12:15	ED Group (Theresa) 11:00-12:00	Core Group (Jim/Mark) 11:00-12:15	Core Group (Nancy) 11:15-12:15	Individual sessions assignments
THERAPEUTIC MEAL/ PROCESSING 12:30-1:30	THERAPEUTIC MEAL/ PROCESSING 12:30-1:30	THERAPEUTIC MEAL/ PROCESSING 12:30-1:30	MEAL CHALLENGE: CHEF'S CHOICE BUFFET 12:30-1:30	THERAPEUTIC MEAL/ PROCESSING 12:30-1:30	THERAPEUTIC MEAL/ PROCESSING 12:30-1:30	THERAPEUTIC MEAL/ PROCESSING 12:00-1:00
Binge Group (Katie) or Relationship w/the Body (Heidi) 1:30-2:30	Expressive Group (Lori/Laura W.) 1:30-3:00	*Sexual Healing (Jim) OR DBT Therapy Interfering Behaviors (Rachel) 1:30-2:30	Module (Sam) 1:30-2:30	Body Image Group (Jenn) 1:30-2:30	Biblo Therapy Group or Outing Exposure (Staff) 1:30-3:00	Anxiety Management (Krista) 1:30-2:30
SNACK 2:30-3:00	SNACK 3:00-3:30	SNACK 3:00-3:30	SNACK 3:00-3:30	SNACK 3:00-3:30	VISITORS/ FREE TIME	SNACK 2:30-3:00
Individual sessions assignments 3:00-6:00	Individual sessions assignments 3:00-6:00	Individual sessions assignments 3:30-6:00	Individual sessions assignments 3:00-6:00	Open Art Studio (Staff) 3:30-4:30 THERAPEUTIC MEAL/PROCESSING 5:30-6:15		Relapse Prevention Group (Krista) 3:00-4:00 12-Step Group (Deborah) * 4:00-5:00
THERAPEUTIC MEAL/ PROCESSING 6:15-7:00	THERAPEUTIC MEAL/ PROCESSING 6:15-7:00	THERAPEUTIC MEAL/PROCESSING 6:15-7:00	THERAPEUTIC MEAL/ PROCESSING 6:15-7:00	MOVIE OUTING	THERAPEUTIC MEAL/ PROCESSING 6:15-7:00	Dinner or Restaurant Outing and Post Meal processing of challenges (Deborah/Staff) 6:00-7:30
Individual sessions assignments	Precontract Group 7:30	Individual sessions assignments	Individual sessions assignments		Individual sessions assignments	SNACK 9:00-9:30
SNACK 9:00-9:30	SNACK 9:00-9:30	SNACK 9:00-9:30	SNACK 9:00-9:30	SNACK 9:00-9:30	SNACK 9:00-9:30	SNACK 9:00-9:30

**AA Meetings
Mon &
Thur:
8:00pm-
9:00pm
(offsite)**