



STEPDOWN PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Breakfast w/peers	Breakfast w/peers		Breakfast w/peers	Breakfast w/peers	Breakfast w/peers	Breakfast w/peers	
Individual Therapy Sessions 8:00-10:00	Sexual Healing Group at CW II (Jim) 8:15-9:15 *	Breakfast Challenge Exposure (Arathi) 7:30-9:00	Individual Sessions 8:00-10:00	Individual Sessions 7:30-9:30	CW I	CW I/II	
Weights and Vitals 10:30-11:00	Individual sessions 9:00-12:00	Module (Arathi) 9:00-10:00	Weights and Vitals 10:30-11:00	DBT Group (Katie) 10:00-11:00			Mindful Walk (Staff) 8:30-9:30
Weekend Check in (Arathi) 11:00-12:00		Anxiety Management (Marcio) 10:30-11:30	Process of Recovery (Jane) 11:00-12:00	Menu/ Weekend Planning (Arathi/Alyssa) 11:00-12:00			
BOX LUNCH (Holly) 12:15-1:00	LUNCH WITH PEERS 12:00-1:00	Binge Eating Group (Katie) or Lifeskills (Arathi) 11:30-12:30	BUFFET LUNCH AND MEAL PROCESSING 12:00-1:00	LUNCH AND MEAL PROCESSING (Arathi/Alyssa) 12:00-1:30	Gender Sexuality, Intimacy & Relationships (Nancy/Rachel) 10:00-11:00	LUNCH AND MEAL PROCESSING (STAFF) 12:00-1:00	AA Meetings Mon & Thurs 8:00pm - 9:00 pm (offsite)
ED Group (Theresa) 1:00-2:30	Relapse Prevention Group (Arathi) 1:00-2:00	QUICK SACK LUNCH (Arathi) 12:30-1:00	Relationship w/the Body (Heidi) 1:00-2:00	Therapeutic Grocery Shopping (Arathi/Alyssa) 1:30-3:00	Core Group (Nancy/Rachel) 11:15-12:15	Anxiety Management (Krista) 1:30-2:30	
Spirituality Group (Rachel) 2:45-3:45	Pre:contracts & Goal Setting (Arathi) 2:15-3:15	Sexual Healing Group at CW I (Jim) 1:30-2:30 ** or Meditation (Kevin) 1:30-2:30	Process Group (Arathi) 2:15-3:15		Lunch with Jessica (Pack & Bring) 12:30-1:30	Relapse Prevention (Krista) CW I 3:00-4:00	
Core Group (Mark/Arathi) 4:00-5:30	Expressive Group (Laura/Lori) 3:30-5:00	Individual Sessions 2:30-6:30	ED Group (Theresa/Arathi) 3:30-4:30	Individual Therapy Sessions or Exposures with Jake 3:00-5:00	Art Therapy (Jessica) 1:30-3:00	12-Step Addiction Group (Deborah) CW I 4:00-5:00	
	Yoga (Laura) 5:15-6:15						
DINNER AND MEAL PROCESSING 5:45-7:00	DINNER AND MEAL PROCESSING (Michelle) 6:30-7:30	DINNER OUTING CHALLENGE & PROCESSING (Jada) 6:30-7:30	COOKING: PREP/EDUCATION EATING (Liz) 5:30-7:30	DINNER AND MEAL PROCESSING 6:30-7:30	DINNER AND MEAL PROCESSING 6:30-7:30	DINNER OUTING AND MEAL PROCESSING 5:30-7:00	

* For patients previously at CWII in Sexual Healing Group

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