



CW II RESIDENTIAL PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	BREAKFAST 7:30-8:00	
Weekend Check-In (Nancy/Emily) 8:15-9:15	Sexual Healing Group (Jim/Laura W.) or DBT: Ther. Interfer. Behavior (Jake) 8:15-9:15	ED Group (Rebecca/Erin) (Theresa) 8:15-9:15 Menu Planning (Rebecca) 9:15-9:30	ED Group (Erin/Rebecca) (Theresa) 8:15-9:15	ED Group (Erin/Rebecca) (Theresa) 8:15-9:15	Gender, Sexuality, Intimacy & Relationships (Nancy/Jada) 8:30-9:30	Timeline Group/Biblio Therapy (Krista) 8:30-9:30	
ED Group (Erin/Rebecca) (Theresa) 9:30-10:30	Improv Group (Laura/Marcio/Jake) 9:30-10:30	Module (Kat) 9:30-10:30	Process Group (Nancy/Emily) 9:30-10:30	Body Image (Rebecca/MaryBeth) 9:30-10:30	SNACK 9:30-10:00	SNACK 9:30-10:00	
SNACK 10:30-11:00	SNACK 10:30-11:00	SNACK 10:30-11:00	SNACK 10:30-11:00	SNACK 10:30-11:00	Mindful Movement (Chelsea) 10:00-11:00	Yoga 10:15-11:00	
Core Group (Lori/Emily) (Kevin) 11:00-12:15	Core Group (Emily/Nancy) 11:00-12:15	Core Group (Emily/Jake) 11:00-12:15	Core Group (Emily/Lori) (Nancy/Jake) 11:00-12:15	Core group (Lori/Emily/Jake) 11:00-12:15	Art Therapy (Jessica) 11:00-12:15	Relapse Prevention (Krista) 11:15-12:30	AA Meetings Mon & Thur: 8:00pm- 9:00pm (offsite)
THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	
Expressive Therapy (Laura/Jake) 1:30-3:00	Module (Kevin) 1:30-2:30	Expressive Therapy (Laura/Jake) 1:30-3:00	Attachment Group (Mike) 1:30-2:30	Emotion Management (Marcio/Jake) 1:30-2:30	Cooking Group (Chelsea) 1:30-2:30	OUTING ----- VISITORS	
Individual Therapy/Anxiety Work/Exposures (Jake)	Individual Therapy/Anxiety Work/Exposures (Jake)		Binge Eating Group (Katie) 2:30-3:30	Healthy Movement (Chelsea) 2:30-3:30	Exposures/ Individual sessions 2:30 SNACK		
Social Anxiety Group (Marcio/Jake) 4:30-5:30	Awareness Cultivation (Kevin) 5:30-6:00	Individual Therapy/Anxiety Work/Exposures (Jake)	Individual Therapy/Anxiety Work/Exposures (Jake)	Individual Therapy/Anxiety Work/Exposures (Jake)	Individual Therapy/Anxiety Work/Exposures		
Awareness Cultivation (Kevin) 5:30-6:00					Awareness Cultivation (Jake) 4:30-5:30	THERAPEUTIC MEAL & PROCESSING 5:30-6:15	THERAPEUTIC MEAL & PROCESSING 5:30-6:15
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	THERAPEUTIC MEAL & PROCESSING 5:30-6:15			
SNACK 9:00-9:30	SNACK 9:00-9:30	Precontract Group 7:30 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	