

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45-8:15	Physio Check-In with nurse		Physio Check-In with nurse		Physio Check-In with nurse		
8:15-9:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
9:15-10:00			Meet with your Dietitian				
10:00-10:45	Meet with your Care Partner						
10:45-11:30					EO with your Care Partner		
11:30-12:15		Group - Psychodrama	Group - Milestones		Group - Co-Occurring		
12:15-1:15	Grocery Planning (12:30-12:45)						
1:15-2:00	Meet with your therapist			Group - Explore your Senses			
2:00-2:15	Meet with Psychiatry						
2:15-3:00				Meet with your therapist			
3:30-4:00	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack		
4:15-5:00		Group - Working your Nerves					

Sample IOP Patient Schedule - minimum of 3hrs/day of programming. This client is a 5 day/week IOP patient, and prefers to be done by mid afternoon due to her children's school schedules. We also have options for evenings and weekends if desired.