

	Monday		Tuesday		Wednesday		Thursady		Friday		Saturday		Sunday	
7:15 AM														
7:30 AM	Group - Book Club		Group - ACT		Group - Wellness		Group - DBT	Group - Meditation	Group - Affirmation & Intention Setting	Group - Recovery at Every Size	Group - Autobiography		Group - RO Sharing	
7:45 AM														
8:00 AM														
8:15 AM	Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		AM Snack		Breakfast	
8:30 AM														
8:45 AM														
9:00 AM														
9:15 AM	Group - Process		Group - Psychodrama	Group - Movement and Breathwork	Group - Milestones		Group - Exposure and Response Prevention		Group - Co-Occurring		Cooking Group and Lunch		Group - Pay it Forward	Group - Anxiety Mgmt
9:30 AM														
9:45 AM														
10:00 AM														
10:15 AM														
10:30 AM														
10:45 AM	AM Snack		AM Snack		AM Snack		AM Snack		AM Snack				AM Snack	
11:00 AM														
11:15 AM														
11:30 AM	Group - Relapse Prevention		Group - RO and EO Sharing		Group - Shame and Resilience		Group - Core Nutrition		Group - How My Body Works		Group - Yoga	Group - CBT	Group - Anxiety Mgmt	Group Pay Forward
11:45 AM														
12:00 PM														
12:15 PM	Group - Within University - Process Group	Group - Art Therapy	Group - RODB		Group - Art Therapy		Group - ED Professionals		Group - Strength Training	Group - Somatic Foundations	Group - CBT	Group - Yoga	Group - Perspective Shifting	
12:30 PM														
12:45 PM														
1:00 PM														
1:15 PM	Lunch		Lunch		Lunch		Lunch		Lunch		Lunch		Lunch	
1:30 PM														
1:45 PM														
2:00 PM														
2:15 PM	Group - ADOLESCENT Process Group	Group - Body Image/Sexuality/Identity	Group - Working Your Nerves		Group - Community Meeting		Group - Special Topics	Group - Embodiment	Group - D/C Planning	Group - Multifamily	Group - Liberation Lab			
2:30 PM														
2:45 PM														
3:00 PM														
3:15 PM	Afternoon Snack		ARFID Process Group	Afternoon Sna		Afternoon Snack		DBT for clients and Parents	Afternoon Snack		Afternoon Snack		Afternoon Snack	
3:30 PM														
3:45 PM														
4:00 PM	Group - Mvmt and Breathwork		Group - Cooking		Group - ACT		Group - Body Image		Group - Portioning Lab					
4:15 PM														
4:30 PM														
4:45 PM														
5:00 PM														
5:15 PM														
5:30 PM														
5:45 PM														
6:00 PM	Group - CBT		Group - DBT		Group - Mvmt	Group - Mature Adults	Group - MOMs	Group - Family and Relationships	Group - Weekend Wind down					
6:15 PM														
6:30 PM														
6:45 PM														
7:00 PM	Dinner		Dinner		Dinner		Dinner		Dinner		Dinner		Dinner	
7:15 PM														
7:30 PM														
7:45 PM														
8:00 PM					Group - RO EO Sharing		Group - Skills Work		Group - Affirmation and Intention Setting					
8:15 PM														
8:30 PM														
8:45 PM														
OTHER	***Group - Alumni (7-7:45) on THU Group - Friends/Loved Ones (7-7:45) on TUE													