

<i>Monday</i>	<i>Tuesday/Clients</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Tuesday/Staff</i>
9:00 - 10:45 <i>Individual Sessions</i>	9:00 - 10:45 <i>Individual Sessions</i>	9:00 - 10:45 <i>Individual Sessions</i>	9:00 - 11:45 <i>Individual Sessions</i>	9:15 <i>Client Arrival</i>	9:15 <i>Client Arrival</i>	9:00 - 11:45 <i>Clinical Review</i>
				9:30 - 10:45 <i>Nutrition Group</i>	9:30- 10:30 <i>Yoga</i>	
10:45 <i>Client Arrival/Weigh In</i>			10:45 <i>Client Arrival</i>	10:45 - 11:00 <i>Break</i>	10:30-10:45 <i>Break</i>	
11:00- 12:00 <i>Art Therapy</i>	12:00 <i>Client Arrival</i>	12:00 <i>Client Arrival</i>	11:00- 12:00 <i>Cog. Behavioral Grp.</i>	11:00 - 12:00 <i>Weekend Planning</i>	10:45 - 12:00 <i>Experiential Group</i>	11:45 - 12:00 <i>Break</i>
12:00-12:15 <i>Break</i>	12:15 - 1:30		12:00-12:15 <i>Break</i>	12:15 - 1:00	12:00 - 12:15 <i>Break</i>	12:00 - 12:15 <i>Lunch</i>
12:15- 1:00 <i>Lunch</i>	<i>Lunch</i>	12:15- 1:00 <i>Lunch</i>	12:15 - 1:00 <i>Lunch</i>	<i>Lunch</i>	12:15- 1:00 <i>Lunch</i>	12:15 - 1:00
12:50 - 1:00 <i>Clean Up</i>	<i>Outing</i>	12:50 - 1:00 <i>Clean Up</i>	12:50 - 1:00 <i>Clean Up</i>		12:50 - 1:00 <i>Clean Up</i>	<i>Business Mtg</i>
1:15 - 2:45 <i>Primary Group</i>	1:30 - 2:00 <i>Break</i>	1:15 - 2:45 <i>Primary Group</i>	1:15 - 2:45 <i>Primary Group</i>	1:00 - 1:15 <i>Break</i>	1:15 - 2:45 <i>Primary/Alumni Group</i>	1:00 - 2:00 <i>Clinical continued</i>
	2:00 - 2:30 <i>Contract Group</i>			1:15 - 2:45 <i>Primary Group</i>	<i>Relationships Group*</i> <small>*2nd Saturday - each month</small>	2:00 - 2:30 <i>Contract Grp</i>
2:45 - 3:00 <i>Break</i>	2:30 - 3:00 <i>Break</i>	2:45-3:00 <i>Break</i>	2:45 - 3:00 <i>Break</i>			
3:00 - 3:30 - <i>Snack</i>	3:00 - 3:30 - <i>Snack</i>	3:00 - 3:30 <i>Snack</i>	3:00 - 3:30 <i>Snack/Menu Ordering</i>			2:30 - 4:00 <i>Staff Supervision</i>
3:30 - 3:45 - <i>Break</i>	3:30 - 4:00 - <i>Break</i>	3:30 - 3:45 - <i>Break</i>	3:30 - 3:45 - <i>Break</i>			
3:45 - 5:00 <i>Weekend Review</i>	4:00 - 5:00 <i>Yoga</i>	3:45 - 5:00 <i>Special Topics (Community Building)</i>	3:45 - 5:00 <i>Nia</i>			First Tuesday each month 12:00 - 1:00 <i>Study Group</i>
5:00 - 5:15 <i>Break</i>	5:00 - 5:15 <i>Break</i>	5:00 - 5:15 <i>Break</i>	5:15- 8:00			
5:15- 6:00 <i>Dinner</i>	5:15 - 6:00 <i>Dinner</i>	5:15 - 6:00 <i>Dinner</i>	<i>Dinner Outing w/ Food & Feelings Grp</i>			
6:00 - 6:15 <i>Break</i>	6:00 - 6:15 <i>Break</i>	6:15 - 7:30 <i>Relationships Group</i>				
6:15 - 7:15 <i>Food & Feelings</i>	6:15 - 7:15 <i>Spirituality</i>					

Step Down Schedule #1	Tuesday/Wednesday/Friday
Step Down Schedule #2	Monday/Thursday/Saturday