

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 - 9:30 am	Therapeutic Breakfast					
9:30 - 10:30 am	Weekend Review Intention Setting	DBT- Interpersonal Effectiveness	DBT- Emotion Regulation	Nutrition Education	DBT - Distress Tolerance	Advanced CBT
10:30 - 11:00 am	Break/Prep					
11:00 - 11:15 am	Therapeutic Snack					
11:15 am - 12:15 pm (Elective Mtg ID see program key)	ARFID (11:00 includes snack)	AN Process		Intimacy & Relationships	ACT	Process Group (Spanish)
	Athlete & Movement Enthusiasts	Expressive Therapy	Co-occurring Disorders	Chronic Illness	Ambivalence	Weekend Process
	Grief & Loss	Coping for College	Family Dynamics	HAES	ARFID II (11:00 includes snack)	
	Media Literacy	AAN/OSFED Process	Self Esteem: Boundaries & Conflict Mgmt.	Life Skills	BN Process	
	Facing Fear: Radical Openess	Neurodivergence	Survivor	Recovery Speaker	Body Neutrality	
12:15 - 12:45 pm	Break/Prep					Intentions Process Group
12:45 - 1:30 pm	Therapeutic Lunch					
1:30 - 2:30 pm	Relapse Prevention	CBT	DBT - Mindfulness	Psycho-ED	Weekend Planning	Weekend Planning
11:45 am - 2:30 pm PHP, FtB Only	PHP FtB	PHP FtB		PHP FtB		Saturday Programming