

ADULT INTENSIVE OUTPATIENT (IOP) PROGRAM SCHEDULE

	Mon	Tue	Wed	Thu	Fri
4:30-5:30 pm	Weekend Reflection/ Areas of Alignment	DBT Skills	Mindful Snack	Family Impact or Multi-Family Group	12:30-1:15 Mindful Lunch
5:30-5:45 pm	Break	Break	Diet Culture, Social Media & Body Image	Break	1:15-1:30 pm Break
5:45-6:25 pm	Mindful Dinner	Mindful Dinner	Break	Mindful Dinner	1:30-2:30 pm Weekend Planning Areas of Alignment
6:25-7:25	Grief and Loss	Emotional Literacy	Nutrition Education Meal Experiential Food & Feelings	Internal Family Systems (IFS)	2:30-2:45 pm Break
7:25-7:40 pm	Break	Break		Break	2:45-3:00 pm Mindful Snack
7:40-8:00 pm	Mindful Snack	Mindful Snack		Mindful Snack	3:00-4:00 pm Mindfulness