

Young Adult ED Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Vitals	Vitals	Vitals	Vitals	Vitals
9:30	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
10:15	DBT Group	CBT Group	Process Group	DBT Group	CBT Group
11:15	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack
11:45	Psychoeducation	Community Meeting	Recovery maintenance	Art Therapy	Relapse prevention
12:45pm	Bathroom	Bathroom	Bathroom	Bathroom	Bathroom
1:00pm	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
1:45	Art	Nutrition	Learning kitchen	Process group	Rec therapy?
2:45	Body image	Yoga	Healthy relationships	Yoga	Managing anxiety
3:45	Depart	Depart	Depart	Depart	Depart

	Wednesday Family Day 1:45-4:15
1:45	Family Process Group
2:30	Psychoeducation
3:15	Parent Skills Grp/DBT/CBT
4:00	Wrap Up

- Wellness Clinic hours for the young adult program will run from 1:00-5:00pm