

Teen ED Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Vitals	Vitals	Vitals	Vitals	Vitals
8:30	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
9:15am	DBT group	CBT group	Process group	DBT Group	CBT group
10:15am	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack
10:45am	Art Therapy	Yoga	Recovery Maintenance Group	Psychoeducation	Nutrition
11:45	Bathroom	Bathroom	Bathroom	Bathroom	Bathroom
12	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
12:45	School	School	School	School	School
2:45	Bathroom	Bathroom	Bathroom	Bathroom	Bathroom
3:15	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack	Therapeutic Snack
3:45	Body Image	Community meeting	Learning kitchen	Art Therapy	Yoga
4:45	Depart	Depart	Depart	Depart	Depart

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

- Wellness Clinic hours will run from 8:00am-12:00pm for the Teen track