## Intensive Outpatient Program

## Group Schedule (Morning Option)

Tuesday	Wednesday	Thursday	Friday
8:15am-9:00am	8:15am-9:00am	8:15am-9:00am	8:15am-9:00am
Therapeutic Meal Group	Therapeutic Meal Group	Therapeutic Meal Group	Therapeutíc Meal Group
9:00am-10:30am	9:00am-10:30am	9:00am-10:30am	9:00am-10:30am
Interpersonal Process	Interpersonal Process	Self Empowerment	Weekend Planning
Group	Group	Group	Group
11:00am-12:00pm Spírítualíty Group	11:00am-12:00pm Gentle Yoga/Movement Therapy	11:00am-12:00pm Expressive Arts Group	11:00am-12:30pm Cognítíve Behavíoral Therapy Group

## Group Schedule (Evening Option)

Monday	Tuesday	Wednesday	Thursday
5:00pm-6:15pm Interpersonal Process Group	5:00pm-6:15pm Expressive Arts Group	5:00pm-6:15pm Interpersonal Process Group	5:00pm-6:15pm Interpersonal Process Group
6:15pm-7:00pm	6:15pm-7:00pm	6:15pm-7:00pm	6:15pm-7:00pm
Therapeutic Meal Group	Therapeutic Meal Group	Therapeutíc Meal Group	Therapeutic Meal Group
Individual or Family Therapy	*6:00pm-7:00pm	7:00pm-8:00pm	7:00pm-8:00pm
	Family and Friends	Mindfulness/Relaxation	Díalectícal Behavíoral
	Support Group	Group	Therapy Group

<sup>\*</sup>Family and Friend Support Group does not include the New Dawn client, just loved ones.

Each client will be scheduled weekly for a minimum of one individual therapy session and one dietetic session in addition to the regular schedule.



For more information about New Dawn Eating Disorders Recovery Center, please contact us at (415) 331-1383, or info@newdawnrecovery.com.

We are located at 2320 Marinship Way Suite 240 Sausalito, CA 94965