

Partial Hospitalization Program

GROUP SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
11:30am-1:00pm Meal Group	11:30am-1:00pm Meal Group	11:30am-1:00pm Meal Group	11:30am-1:00pm Meal Group	11:30am-1:00pm Meal Group
1:10pm-2:40pm Weekend Review and Menu Planning Group	1:10pm-2:40pm Movement Therapy Group	1:10pm-2:40pm Dialectical Behav- ioral Therapy Group	1:10pm-2:40pm Self- Empowerment Group	1:10pm-2:40pm Interpersonal Process Group
20 Minute Break	2:45pm-3:25pm Health Ed / Grocery Shopping	2:45pm-3:25pm Skills Training	2:45pm-3:25pm Group Leisure Activity	20 Minute Break
3:00pm-3:30pm Snack Group	3:30pm-4:00pm Snack Group	3:30pm-4:00pm Snack Group	3:30pm-4:00pm Snack Group	3:00pm-3:30pm Snack Group
4:00pm-5:30 pm Healthy Eating and Education Group	4:30pm-6:00pm Expressive Arts	4:30pm-6:00 pm Body and Self Acceptance Group	4:30pm-6:00 pm Cognitive Behav- ioral Therapy Group	4:00pm-5:30 pm Weekend Planning and Processing Group
5:40pm-7:00pm Meal Group	6:10pm-7:30pm Meal Group	6:10pm-7:30pm Meal Group	6:10pm-7:30pm Meal Group	5:40pm-7:00pm Meal Group

*Family and Friend Support Group meets select Wednesdays from 5p-6:15p. This group does not include the New Dawn client, just her adult family members. Please inquire with New Dawn staff about when the next meeting is held and to get more details about signing-up for group.

New Dawn

Eating Disorders Recovery Centers

Continued

Intensive Outpatient Program

Group Schedule (DAY TIME OPTION)

Monday	Tuesday	Wednesday	Thursday	Friday
11:30am-1:00pm Meal Group	11:30am-1:00pm Meal Group	11:30am-1:00pm Meal Group	11:30am-1:00pm Meal Group	11:30am-1:00pm Meal Group
1:10pm-2:40pm Weekend Review and Menu Planning Group	1:10pm-2:40pm Movement Therapy Group	1:10pm-2:40pm Dialectical Behavior Therapy Group	1:10pm-2:40pm Self-Empowerment Group	1:10pm-2:40pm Interpersonal Process Group

Group Schedule (LATE AFTERNOON/EVENING TIME OPTION)

Monday	Tuesday	Wednesday	Thursday	Friday
4:00 -5:30 pm Healthy Eating and Education Group	4:30-6:00pm Expressive Arts	4:30-6:00 pm Body and Self Acceptance Group	4:30-6:00 pm Cognitive Behavioral Therapy Group	4:00 -5:30 pm Weekend Planning and Processing Group
5:40 -7:00 pm Meal Group	6:10-7:30 pm Meal Group	6:10-7:30 pm Meal Group	6:10-7:30 pm Meal Group	5:40 - 7:00 pm Meal Group

*Family and Friend Support Group meets select Wednesdays from 5p-6:15p. This group does not include the New Dawn client, just her adult family members. Please inquire with New Dawn staff about when the next meeting is held and to get more details about signing-up for group.



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

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