

# 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 Cognitive Behav- ioral Therapy Group	1:10pm-2:40pm Interpersonal Process Group
2:45pm-3:25pm Health Education/ Grocery Shopping	2:45pm-3:25pm Expressive Arts	2:45pm-3:25pm Skills Training	2:45pm-3:25pm Group Leisure Activity	
3:30pm-4:15pm Snack Group	3:30pm-4:15pm Snack Group	3:30pm-4:15pm Snack Group	3:30pm-4:15pm Snack Group	3pm-3:45pm Snack Group
4:30pm-6:00 pm Healthy Eating and Education Group	4:30pm-6:00pm Recovery Goals Group	4:30pm-6:00 pm Cognitive Behav- ioral Therapy Group	4:30pm-6:00 pm Body and Self Acceptance Group	<del>4:00pm</del> -5:30 pm Weekend Planning and Processing Group
6:10pm-7:30pm Meal Group	6:10pm-7:30pm Meal Group	6:10pm-7:30pm Meal Group	6:10pm-7:30pm Meal Group	<del>5:40pm</del> -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.

# 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	1:10pm-2:40pm Movement Therapy Group	1:10pm-2:40pm Dialectical Behav- ior Therapy Group	1:10pm-2:40pm Cognitive Behav- ioral Therapy	1:10pm-2:40pm Interpersonal Proc- ess Group

## Group Schedule (LATE AFTERNOON/EVENING TIME OPTION)

Monday	Tuesday	Wednesday	Thursday	Friday
4:30-6:00 pm Healthy Eating and Education Group	4:30-6:00pm Recovery Goals Group	4:30-6:00 pm Cognitive Behavioral Therapy Group	4:30-6:00 pm Body and Self Acceptance Group	<del>4:00</del> -5:30 pm Weekend Planning and Processing Group
6:10-7:30 pm Meal Group	6:10-7:30 pm Meal Group	6:10-7:30 pm Meal Group	6:10-7:30 pm Meal Group	<del>5:40</del> -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 our Clinical Director, Dr. Erin Elfant-Rea at (415) 331-1383, ext 303 or [erin@newdawnrecovery.com](mailto:erin@newdawnrecovery.com).

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

Continued