



EATING Recovery CENTER

Adult Evening Intensive Outpatient Program Schedule

	Monday	Wednesday	Thursday
4:00 - 5:45 pm	Goals Group & Process Group	Nutrition Group (week 1/3) Goals/Process Group (week 2/4)	Goals Group & Process Group
6:00 - 6:45 pm	Dinner and Meal Process	Dinner and Meal Process	Dinner and Meal Process
6:45 - 7:30 pm	Skills Group: Emotion Connection Mindfulness Mindsight Acceptance Primary vs Secondary Emotions	Skills Group: Body Image or Identity/ Values or Process Group	Skills Group: Recovery Maintaining Factors Framework for Recovery Relapse Prevention
7:30 - 8:00 pm	Wrap-Up	Wrap-Up	Wrap-Up