

Adolescent Eating Disorders Intensive Outpatient Program Group Schedule (Updated 5/9/17)

<u>Monday 5-8 PM</u>	<u>Tuesday 5-8 PM</u>	<u>Wednesday 5-8PM</u>	<u>Thursday 5-8PM</u>	<u>Friday OFF</u>	<u>Saturday 9AM-12PM</u>
5:00pm – 6:00pm Check-In Group Kara Merrill	5:00pm – 6:00pm Expressive Therapy Danielle Ridolfi	5:00pm – 6:00pm Nutrition/Emotions Maiya Ingram	5:00pm – 6:00pm Body Image Group Cathy Lander- Goldberg		9:00am – 10:00am Therapeutic Meal (Breakfast) Maiya/Jen/Danielle
6:00pm – 7:00pm Therapeutic Meal (Dinner) Kara Merrill	6:00pm – 7:00pm Therapeutic Meal (Dinner) Danielle Ridolfi	6:00pm – 7:00pm Therapeutic Meal (Dinner) Pam Shelnutt	6:00pm – 7:00pm Therapeutic Meal (Dinner) Jen Kamer		10:00am – 11:00am Adolescent Process Group Maiya/Jen/Danielle Parent Only Group Laura/Maiya/Jen
7:00pm – 8:00pm CBTGroup Kara Merrill	7:00pm – 8:00pm Self Awareness/Anxiety Group Danielle Ridolfi	7:00pm – 8:00pm Symptom Mgmt & Coping Skills Group Pam Shelnutt	7:00pm – 8:00pm DBT Jen Kamer		11:00am – 12:00pm Multi-Family Group Adolescent & Parents Laura/Maiya/Jen/Danielle