



REASONS

Eating Disorder Center

Virtual Adolescent Weekly Sample Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00-10:45 DBT Skills DBT Skills
				10:45-11:30 Multi Family Group Multi Family Group
				12:00-12:45 Supported Family Lunch Therapeutic Meal
1:00-1:45 Deep Breathing/Process Process Group	1:00-1:45 Deep Breathing/Process Process Group	1:00-1:45 Deep Breathing/Process Process Group	1:00-1:45 Deep Breathing/Process Process Group	1:00-1:45 Deep Breathing/Process Process Group
1:45-2:30 CBT Skills Recovery Skills	1:45-2:30 Self-Compassion Self-Compassion	1:45-2:30 Creative Writing Creative Arts	1:45-2:30 Yoga Yoga	2:20-2:45 Supported Snack
2:45-3:00 Supported Snack	2:45-3:00 Supported Snack	2:45-3:00 Supported Snack	2:45-3:00 Supported Snack	3:00-4:00 Mindfulness/After Program Planning/Check-out Mindfulness/After Program Planning/Check-out
3:15-4:00 Anxiety Management Anxiety Management	3:15-4:00 Music Therapy Music Therapy	3:15-4:00 Beyond Body Image Beyond Body Image	3:15-4:00 Dance Movement Dance Movement	
4:00-4:45 SMART Goals SMART Goals	4:00-5:00 Individual Sessions/Yoga Individual Sessions/Yoga	4:00-4:45 Interpersonal Skills Interpersonal Skills	4:00-4:45 SMART Goals SMART Goals/Intention Setting	
5:15-5:45 Supported Dinner	5:15-5:45 Supported Dinner	5:15-5:45 Supported Dinner	5:15-5:45 Supported Dinner	
6:00-7:00 Nutrition Group Nutrition Group	6:00-7:00 Recovery Skills Recovery Skills	6:00-7:00 Creative Arts Creative Arts	6:00-7:00 Mindfulness/ Weekend Planning/ After Program Planning/ Check-out	

12:40-1:30 Medication Management
Medication Management