



BACA Day Treatment Program Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 to 10:00	Supervised Breakfast & Post-Meal Group			Supervised Breakfast & Post-Meal Group	
10:00 to 12:00	Community Meeting (10:00 to 11:30)	Individual sessions/readings and personal work	Individual sessions/readings and personal work	Individual sessions/readings and personal work	Individual sessions/readings and personal work
12:00 to 2:00	Supervised Lunch & Post-Meal Group	Supervised Lunch & Post-Meal Group	Supervised Lunch & Post-Meal Group	Supervised Lunch & Post-Meal Group	Supervised Lunch & Post-Meal Group
2:00 to 4:00	Core ED Group	Anxiety Group or varied therapeutic activities (alternately)	Family and Recovery Group	Cooking workshops or outings (alternately)	Weekend Planning group
3:30	Snack	Snack	Snack	Snack	Snack
5:00 to 6:30	Supervised Supper & Post-Meal Group		Supervised Supper & Post-Meal Group	Supervised Supper & Post-Meal Group	