

BACA Intensive Outpatient Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 10:00	Supervised Breakfast & Group	Supervised Breakfast & Group	Autonomous breakfast	Supervised Breakfast & Group	Autonomous breakfast	
10:00 - 11:00	Community Meeting	Weekly Planning	Individual Meetings/readings and personal work	Individual Meetings/readings and personal work	Recovery Group	
11:00 - 12:00	Free Time	Self-Compassion / Self-Care Group	Free Time	Free Time		
12:00 - 14:00	Supervised Lunch & post-meal Group	Supervised Lunch & post-meal Group	Supervised Lunch & post-meal Group	Supervised Lunch & post-meal Group	Supervised Lunch & Weekend Planning	Supervised lunch and post-meal group (12:00 – 15:00)
14:30 - 16:00	Skills Group	Clinical Meeting (1:30-3:00)	Psychodrama/ Drama Therapy Group	Therapeutic Outings	Supervised Therapeutic activites/videos	
		Cooking Workshop (15:00-17:00)				
15:00	Snack	Snack	Snack	Snack	Snack	
17:00 - 18:30	Supervised Supper (after meal-prep)	Supervised Supper & Post-Meal Group	Supervised Supper & Post-Meal Group	Supervised Supper & Post-Meal Group (18:00-19:30)		
18:30 - 20:30	Body Image Group	Choice of Closed Outpatient Groups	Choice of Closed Outpatient Groups	ED Psychoeducation Group	Choice of Closed Outpatient Groups	