

## BACA Intensive Outpatient Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 -10:00	Supervised Breakfast	Supervised Breakfast	Supervised Breakfast	Supervised Breakfast	Supervised Breakfast		
10:00 - 11:00	Weekly Planning	“8 Keys” Costin	Nutrition Workshop (every 2 weeks)	Self-Compassion Group	Individual Meetings or Readings/Personal work		
11:00 - 12:00	Community Meeting	Individual Meetings or Readings/Personal work	Individual Meetings or Readings/Personal work	Individual Meetings or Readings/Personal work	Drama Therapy	Supervised lunch & post-meal group (12:00 – 3:00)	Supervised lunch & post-meal group (12:00 – 3:00)
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		
14:30 - 16:00	Skills Group	Free Time (1:30-3:00)	Recovery Workshop/Body Image	Therapeutic Activities /Outings	Family & Relationships Group		
		Cooking Workshop (every 2 weeks) (16:00-17:30)					
15:00	Snack	Snack	Snack	Snack	Snack	Snack	Snack
17:00 - 18:30	Supervised Supper & Post-Meal Group	Supervised Supper & Post-Meal Group	Supervised Supper & Post-Meal Group	Supervised Supper & Post-Meal (18:00-19:30)			
18:30 - 20:30	Choice of Closed Outpatient Groups	Choice of Closed Outpatient Groups	Binge Eating Group	ED Psychoeducation OR Sexuality Group	Choice of Closed Outpatient Groups		