

EDOP Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
10:00am	OA Book Study	OA Book Study	OA Book Study	OA Book Study	Equine Therapy (Ed) 10am-12:30pm	
11:00am	Check-in/Menus	Check-in	Check-in	Check-in		
	ED Process Group (Rebecca) 11:15-12:30pm	Trauma Group (Paula) 11:15-12:30	ED Timeline Group (Allyssa) 11:15-12:30pm	ED Step Group (Allyssa) 11:15am-12:30pm		
12:00pm	Lunch Group / Order Out 12:30pm-1pm	Lunch Group 12:30pm-1pm	Lunch Group 12:30pm-1pm	Mindful Eating Group (Jennifer & Allie) 12:30-1:15		
	Break	Break	Break	Nutrition Group (Jennifer) 1:15pm-2pm		
1:00pm	Guided Imagery (Chrissy) 1:10pm-2pm	Art Therapy (Megan) 1:15-2:15pm	Guided Imagery (Megan) 1:10pm-2pm	Women's Group (Allyssa & Allie)		
	ED Relapse Prevention (Allyssa)	ED Yoga (Kim)	Acupuncture (Kate)			Men's Group (Clark)
2:00pm	Individual Appointments	Massages (Lori)	Individual Appointments	Massages (Lori) 3-4pm		Individual Appointments
3:00pm		Family Support Group (Allyssa) 6pm-7:30pm				
6:00pm						
7:00pm						

