

Intensive Outpatient Program Group Schedule

There are two IOP schedule options to choose from each day in order to fit the scheduling needs of each individual.

	Monday	Tuesday	Wednesday	Thursday	Friday
3:45pm-5:30pm	Nutrition Group	Food and Feelings	D.B.T. & Spirituality	Relapse Prevention	Psychodrama
5:30pm-7:15pm	Meal Process Group	Meal Process Group	Meal Process Group	Meal Process Group	Meal Process Group

OR

5:30pm-7:15pm	Meal Process Group	Meal Process Group	Meal Process Group	Meal Process Group	Meal Process Group
7:15pm-9:00pm	Body Image	Family Dynamics	Food and Feelings	Interpersonal Process	Weekend Planning / Family Group

	Saturday
11:45am-1:30pm	Meal Process Group
1:30pm-3:30pm	Planning / Grocery Outing



La Ventana
Eating Disorder Programs

To contact our Clinical Director, Erin Elfant-Rea, Ph.D., please call (415) 345-1238, ext 1 or email: erin@laventanatreatment.com
To speak with someone more immediately about the program, please call our intake line at (888) 311-0188 and talk with our Outreach Coordinator, Lindsay Goodlin, MSW.