

Day Treatment / Partial Hospitalization Program Group Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
2:00pm-3:15pm	Walk / Goals	Walk / Grocery Outing	Art Therapy	Self-Esteem	Walk / Goals
3:15pm-3:45pm	Snack	Snack	Snack	Snack	Snack
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
7:15pm-9:00pm	Body Image	Family Dynamics	Food and Feelings	Interpersonal Process	Weekend Planning / Family Group

	Saturday
10:00am-11:45am	Support Group
11:45am-1:30pm	Meal Process Group
1:30pm-3:30pm	Planning / Grocery Outing
3:30pm-5:00pm	Self-Esteem



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@lavanatatreatment.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.