



**LaVentana**  
Eating Disorder Programs

## **INTENSIVE OUTPATIENT PROGRAM Evening Program Schedule**

<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>
<b>5:30 PM - 6:45 PM</b> Food and Feelings Group	<b>5:30 PM - 6:45 PM</b> Family Group	<b>5:30 PM - 6:45 PM</b> Nutritional Group
<b>7:00 PM - 7:45 PM</b> Dinner	<b>7:00 PM - 7:45 PM</b> Dinner	<b>7:00 PM - 7:45 PM</b> Dinner
<b>8:00 PM - 9:00 PM</b> Goals Group	<b>8:00 PM - 9:00 PM</b> Process Group (changes weekly)	<b>8:00 PM - 9:00 PM</b> Process Group (changes weekly)

### **For Program, Admissions, or Outreach Assistance:**

Lisette Fraser, Community Outreach Coordinator  
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805.444.8072

**Thousand Oaks Location**  
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