

Blue Horizon IOP Adult Program
Day Program SAMPLE SCHEDULE

Times	Monday	Wednesday	Thursday
10:30 - 11:45	Meditation/Process Group		Meditation/Process Group
11:45-12	Pre-Meal Process	10:30 a.m. – 12:30 p.m.: adult/adolescent group	Pre-Meal Process
12-12:15	Break		Break
12:15-12:45	Lunch		Lunch
12:45-1:00	Post-Meal Process		Post-Meal Process
1-2	CBT/DBT Group		Nutrition Group