

Intensive Outpatient Program

Group Schedule (Morning Option)

Tuesday	Wednesday	Thursday	Friday
8:15am-9:00am Therapeutic Meal Group	8:15am-9:00am Therapeutic Meal Group	8:15am-9:00am Therapeutic Meal Group	8:15am-9:00am Therapeutic Meal Group
9:00am-10:30am Interpersonal Process Group	9:00am-10:30am Interpersonal Process Group	9:00am-10:30am Self Empowerment Group	9:00am-10:30am Weekend Planning Group
11:00am-12:00pm Spirituality Group	11:00am-12:00pm Gentle Yoga/Movement Therapy	11:00am-12:00pm Expressive Arts Group	11:00am-12:30pm Cognitive Behavioral Therapy Group

Group Schedule (Evening Option)

Monday	Tuesday	Wednesday	Thursday
5:00pm-6:15pm Interpersonal Process Group	5:00pm-6:15pm Expressive Arts Group	5:00pm-6:15pm Interpersonal Process Group	5:00pm-6:15pm Interpersonal Process Group
6:15pm-7:00pm Therapeutic Meal Group	6:15pm-7:00pm Therapeutic Meal Group	6:15pm-7:00pm Therapeutic Meal Group	6:15pm-7:00pm Therapeutic Meal Group
Individual or Family Therapy	*6:00pm-7:00pm Family and Friends Support Group	7:00pm-8:00pm Mindfulness/Relaxation Group	7:00pm-8:00pm Dialectical Behavioral Therapy Group

*Family and Friend Support Group does not include the New Dawn client, just loved ones.

Each client will be scheduled weekly for a minimum of one individual therapy session and one dietetic session in addition to the regular schedule.



For more information about New Dawn Eating Disorders Recovery Center, please contact us at (415) 331-1383, or info@newdawnrecovery.com.

We are located at 2320 Marinship Way Suite 240 Sausalito, CA 94965