

# Day-Care Price List 2019

## Full Day - £300 per day

The Eating Disorder Programme at Arthur House runs from 9.30 am to 4.30 pm, Monday to Friday and includes the following:

- + 7 hours per day

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- + 1 meal and 2 snacks per day

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- + Up to 5 group therapy sessions per day

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- + 3 Individual 1 to 1 sessions per week if attending 3 days and above

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 - 9:45</b>	Check-In	Check-In	Check-In	Check-In	Check-In
<b>09:45 - 11:00</b>	Meal Planning, Recipe Development & Shopping Preparation	Art Therapy Skills Group	Process Group	Meditation Food & Me	Process Group
<b>11:10 - 11:20</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<b>11:20 - 12:20</b>	Supermarket Shop	Group Cooking	DBT themed Group	Restaurant Planning & Restaurant Visit	ED CBT/ CRT- themed group
<b>12:30 - 13:00</b>	Lunch Preparation		Lunch Preparation		Lunch Preparation
<b>12:30 - 13:00</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		<b>Lunch</b>
<b>13:30 - 14:00</b>	Post Meal Support	Post Meal Support or 1:1	Post Meal Support		Post Meal Support or 1:1
<b>14:20 - 15:20</b>	Log Book	Mindfulness or 1:1	DBT themed Group	Self-Soothe	Team Building/ Games 1:1
<b>15:20 - 15:30</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<b>15:30 - 16:30</b>	Community Meeting or 1:1	Body Image / Clothes Shop	ED Café Outing / Gardening	Mindful Movement / Fitness	Weekend Plans/Goal Setting or 1:1