

Online Eating Disorder Treatment on Your Schedule



Whoever you are, whichever eating disorder you have, you should have access to treatment that is uncomplicated and, most importantly, effective. Center for Discovery's online treatment program does just that, matching you with evidence-based therapy and a schedule that works around your busy days. Here are some sample schedules to give you an idea of how you can do the essential work of recovery on your time, in the comfort of home:

Working Adult Sample Schedule

Time	Group
5:30 PM PST	Path to Peace Nutrition Support
6:30 PM PST	Path to Peace Sensory Support Community Meal
7:30 PM PST	Path to Peace Skills for Binge Eating Disorders

College Student Sample Schedule

Time	Group
9:00 AM PST	Meal Support
1:00 PM PST	Queer Support Group
6:30 PM PST	Somatic Practices for Mind & Body

For more information about online programs for an eating disorder, call **833-216-8512**, or visit CenterforDiscovery.com/online-programming.

Family-Focused Treatment Sample Schedule

Time	Group
9:00 AM PST	Meal Support
10:00 AM PST	Binge Eating Support for Adolescents
11:00 AM PST	Neurodivergent + Support
12:00 PM PST	Meal Support
1:00 PM PST	Family Therapy Session
2:00 PM PST	DBT Skills Coaching for Patient & Family

Adolescent with ARFID Sample Schedule

Time	Group
12:00 PM PST	Meal Support (join from school)
4:00 PM PST	Session
5:00 PM PST	Meal Support (join from home)

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