



EVENING INTENSIVE OUTPATIENT PROGRAM (IOP)

Our Evening Intensive Outpatient Program (IOP) is a great option for individuals needing more structure and support than outpatient therapy alone, and it's also available to those that have completed our residential or PHP treatment and are needing to return to work or school. There are many benefits to the support individuals receive at our Evening IOP including:

- **Flexibility:** IOP is a higher level of support than in traditional outpatient therapy and it offers more freedom to work, attend school, or participate in other activities than a PHP does.
- **Camaraderie:** Clients attend group therapy sessions that will allow them to build bonds with others who have struggled with mental health concerns.
- **Skill-building Practice:** With the additional freedom of flexibility that comes with our Evening IOP, clients have the opportunity to apply the skills they've learned to situations in everyday life.

Our Evening IOP is in-person and is available to adult women (18 & up) in Orland Park, IL. Programming is available on Mondays, Tuesdays and Thursdays from 5:30PM–8:30PM.

OUR EVENING IOP HELPS WOMEN STRUGGLING WITH:

Depression, Anxiety, Bipolar Disorder, Trauma, Borderline Personality Disorder, Panic Attacks, Post-Partum Depression, Self-Harm, and Social Anxiety.

EVENING IOP PROGRAMMING INCLUDES:

- Process Groups
- DBT Skills
- Acceptance and Commitment Therapy
- Mood and Trauma Education
- Expressive Therapies



(877) 257-9611 | 40 Timberline Drive, Lemont, IL 60439 | www.timberlineknolls.com

Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, offering a nurturing recovery environment for women and girls age 12 and older who are struggling with eating disorders, addictions, trauma, and co-occurring mental health conditions. An adult partial hospitalization program and an intensive outpatient program are available for step-down and for women to direct admit. By serving with uncompromising care, relentless compassion, and an unconditional joyful spirit, we help our residents and clients help themselves in their recovery.