

Women's Center Sample Schedule

MON	TUES	WED	THUR	FRI	SAT	SUN
HOUSE MEETINGS 9:00AM						
9-11 AM	9 - 11	9 - 11	9 - 11	9 - 11	9-11	9-11
Goals and Implementation Group	Goals and Implementation Group	Goals and Implementation Group	Goals and Implementation Group	Goals and Implementation Group	Behavioral Activation Outing	Behavioral Activation Outing
11:30	11:30	11:30	11:00	11:15		
Dialectical Behavioral Therapy Skills	Mindfulness Skills	Mindfulness Outing	Pottery	Acceptance and Commitment Therapy		
12:30 lunch	12:30 Lunch	12:30 Lunch	12:30 Lunch	12:30 Lunch	12:30 Lunch	12:30 Lunch
1:30	1:45	1:45	1:30	1:30	1:30	1:30
Life Coaching	Dialectical Behavioral Therapy Skills	Dialectical Behavioral Therapy Skills	Dialectical Behavioral Therapy Skills	Art Therapy	Community Integration Outing	Community Integration Outing
2:45	3:15	3:00	3:00	3:15		
Art Therapy	Skills Application	Cognitive Behavioral Therapy	Seeking Safety	Cognitive Behavioral Therapy		
4:15	4:30	4:15	4:15	4:30		
Movement Mindfulness	Goals	Movement Mindfulness	Relapse Prevention	PLEASE Skills (Store Run)	Dinner 5:30	Dinner 5:30