Clearview Women's Center
Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast
8:30-9:00	Morning Mindfulness/ Chore List Review	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness
9:15-9:30	Transport to Programming House	Transport to Programming House	Transport to Programming House	Transport to Programming House	Transport to Programming House	Transport to Programming House	Outing (pending clinical approval)
9:30-10:30	**Discharge Planning**	**Implementation**	**Building a Life Worth Living**	**Life Skills**	**Changing Destructive Behavior Patterns**	**Positive Psychology**	
10:45-12:15	**ACT**	**Skills Generalization**	**Behavioral Activation**	**DBT Interpersonal Effectiveness**	**Art Therapy**	**ACT**	
12:30-1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30-2:30	**Health and Wellness**	**Sex/Love Addiction**	**Understanding Anger**	**DBT Orientation**	**Relationship Skills**	**Implementation**	Family Visits (1-5pm)
2:45-4:15	**DBT DT/ER**	**Mindfulness Process**	**DBT Mindfulness**	**Family Systems**	**DBT DT/ER**	**Emotional Intelligence**	
4:30-5:30	**CBT**	**Movement Mindfulness**	**Chain Analysis**	**CBT**	**Movement Mindfulness**	**Pottery/Skills Application**	
5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30	Support Meeting	Support Meeting	Support Meeting	Support Meeting	Support Meeting	Support Meeting	Support Meeting
8:30	Return to Houses / Wrap Up	Return to Houses / Wrap Up	Return to Houses / Wrap Up	Return to Houses / Wrap Up	Return to Houses / Wrap Up	Return to Houses / Wrap Up	Return to Houses / Wrap Up
11:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime