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-	Transport to	Transport to	Transport to	Transport to	Transport to	Transport to	
9:30	Programming House	Programming House	Programming House	Programming House	Programming House	Programming House	
9:30- 10:30	Discharge Planning	Implementation	Building a Life Worth Living	Life Skills	Changing Destructive Behavior Patterns	Positive Psychology	Outing (pending clinical approval)
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	
2:45- 4:15	DBT DT/ER	Mindfulness Process	DBT Mindfulness	Family Systems	DBT DT/ER	Emotional Intelligence	Family Visits (1-5pm)
4:30- 5:30	СВТ	Movement Mindfulness	Chain Analysis	СВТ	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