

Women's Daily Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am	BREAKFAST					*Visitors Day*	
9:00-11:00am	Small Group	Small Group	Small Group	Small Group	Individual Appts	Group Meditation	Outing
11:30am -12:30pm	LUNCH						Shopping
12:30 -2:00pm	Individual Appts Yoga	DBT 1-3pm	Mindful self-compassion	Individual Appts Yoga	Heroine's Journey	Focus Group Community	Sound Healing 2:30-3:30pm
2:00 - 3:00pm	Post-Treatment Planning		Drugs and the Brain Workshop	Meaning Workshop	Afternoon and Evening Activities (Outings, Nursing Care Plan, Art Expression, Games)	Afternoon and Evening Activities (Outings, Nursing Care Plan, Art Expression, Games)	DBT Skills Practice 4-5pm
3:00pm or later	Evening Activities (Outings, Nursing Care Plan, Art Expression, Games)	Evening Activities (Outings, Nursing Care Plan, Art Expression, Games)	Evening Activities (Outings, Nursing Care Plan, Art Expression, Games)	Evening Activities (Outings, Nursing Care Plan, Art Expression, Games)			Evening Activities (Outings, Nursing Care Plan, Art Expression, Games)
							Haircuts

Disclaimer: Course offerings and staff are subject to change without prior notice.

All clients attend workshops and community.

Outing times will vary depending on activity.
Outings will be displayed on notice board
and signs each week.

Weekend schedule times vary from weekday.