This is an example of a dual output power supply. The transformer steps down the 120VAC to 28VAC. The center tap on the secondary is grounded leaving two 14VAC outputs. After going through the bridge rectifier the output is an un-regulated +/-20V. Fixed regulators provide +/-15V and +/- 5V outputs.

Note: The large 10,000uF caps smooth the ripple from the rectifier and are located close to the bridge rectifier. The 10uF decoupling caps are located as close as possible to the voltage regulators (one on the input and one on the output of each regulator).