

ABSTINENT HEALTH & WELLBEING GROUP TIMETABLE JANUARY 2017

BLUE = OPTIONAL ATTENDANCE FOR SERVICE USERS WHO HAVE COMPLETED A CDARS ABSTINENT PROGRAMME AS WELL AS CURRENT DAY PROGRAMME CLIENTS.

RED GROUPS ARE BY APPOINTMENT ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
1-2-1s/KEYWORK/ASSESSMENTS/ COUNSELLING	<u>TEAM MEETING</u> (CLIENTS)	<u>11:15 – 12:15</u> <u>SERVICE USER INVOLVEMENT</u> <u>GROUP MEETING</u>	<u>TEAM MEETING</u> <u>PRESENTATIONS/TRAINING</u>		11:00 – 12:00 YOGA	<u>11:00-13:00</u> <u>RECOVERY IN FOCUS OR</u> <u>UNDERSTANDING 12</u> <u>STEP RECOVERY</u>
12:00 – 1:00 LUNCH	12:00 – 1:00 LUNCH	12:00 – 1:00 LUNCH	12:00 – 1:00 LUNCH		12:00 – 1:00 LUNCH	1:00 – 2:00 LUNCH
1:00 – 2:30 RELAPSE PREVENTION	1:00 – 2:30 HEALTHY LIVING & GOOD NUTRITION	1:00 – 2:30 SEEDS OF CHANGE	1:00 – 2:15 GENDER GROUPS		1:00 – 2:30 PERSONAL DEVELOPMENT GROUP	1:00 – 3:00 COMPLEMENTARY THERAPIES BY APPOINTMENT
2:45 – 4:00 RELAPSE PREVENTION BASED FOCUSSING (closed group)	3:00 – 4:30 ADVICE AND DEBT ADVICE BY APPOINTMENT ONLY	1-2-1s/KEYWORK/ ASSESSMENTS/COUNSELLING	3:00 – 4.30 RASASC BY APPT ONLY	2.30 – 4:00 MINDFULNESS INFORMED ART THERAPY	1-2-1s/KEYWORK/ ASSESSMENTS/COUNSELLING TO 5pm	
1-2-1s/KEYWORK/ ASSESSMENTS/COUNSELLING TO 5pm	<u>6:00 – 8:00</u> <u>GROWTH AND</u> <u>WELLBEING AFTERCARE</u>	<u>6:00 – 7.30</u> <u>SMART RECOVERY</u>	<u>6:00 – 7:30</u> <u>EVENING ONLY ABSTINENT</u> <u>GROUP</u> <u>(NOT DAY PROGRAMME)</u>			

1-2-1s/KEYWORK/ASSESSMENTS/COUNSELLING ALSO RUN DURING GROUP TIMES EXCEPT ON SATURDAYS