

## Weekly Recovery Group Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Morning</b>	<b>10am - 11 am</b> <b>Alcohol Group</b> with Steve Griffiths	<b>10am - 11 am</b> <b>Alcohol Group</b> with Steve Griffiths	<b>10am - 11 am</b> <b>Alcohol Group</b> with Steve Griffiths	<b>10am - 11 am</b> <b>Alcohol Group</b> with Steve Griffiths	<b>10am - 11 am</b> <b>Alcohol Group</b> with Steve Griffiths	
	<b>Breakfast Club</b> coming soon.....	<b>10:30am - 12noon</b> <b>Making Changes</b> (looking after your mental health) with Sue from Changes				<b>10:30am - 12 noon</b> <b>Barriers to Change</b> with Steve McDonald (cannabis &/or stimulant use)
		<b>11am - 12:00 noon</b> <b>Stepping Stones</b> with Steve McDonald & Deb Arnold alcohol group	<b>11am - 12noon</b> <b>New Beginnings</b> with Debbie & Chloe			
<b>Afternoon</b>					<b>12noon - 1pm</b> <b>Drop In</b> new clients with Steve Griffiths	
	<b>1pm - 2:30pm</b> <b>Introductions to Recovery</b> with Steve McDonald	<b>1pm - 3pm</b> <b>PRISM Programme</b> with Steve McDonald	<b>1pm - 2:30pm</b> <b>Pre Detox Opiate Programme</b> with Steve McDonald		<b>1pm - 3:00pm</b> <b>PRISM</b> with Steve McDonald	
			<b>1:30pm - 3pm</b> <b>Changing Lives</b> with Kev Langan	<b>1:30pm - 3pm</b> <b>Six Stages of Motivation</b> with Steve McDonald	<b>2:00pm - 3pm</b> <b>After-Care Group</b> with Adrienne Barraclough	
<b>Evening</b>		<b>5pm - 6pm</b> <b>Introductions to Recovery</b> with Steve McDonald				
		<b>6pm - 7:30pm</b> <b>PRISM</b> with Steve McDonald				