

## Weekly Recovery Group Programme - February 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>Breakfast Club</b> coming soon.....</p>	<p><b>11am - 12:00 noon</b> <b>Stepping Stones</b> with Steve McDonald, Allan Sargeant &amp; Leigh Currie alcohol group</p>	<p><b>11am - 12noon</b> <b>New Beginnings</b> with Steve McDonald &amp; Leigh Currie</p>		<p><b>10:30am - 12 noon</b> <b>Barriers to Change</b> with Steve McDonald &amp; Allan Sargeant (cannabis &amp;/or stimulant use)</p>
<b>Afternoon</b>	<p><b>1pm - 2:30pm</b> <b>Introductions to Recovery</b> with Steve McDonald</p>	<p><b>1pm - 3pm</b> <b>PRISM Programme</b> with Steve McDonald</p>	<p><b>1pm - 2:30pm</b> <b>Pre Detox Opiate Programme</b> with Steve McDonald</p>	<p><b>1:30pm - 3pm</b> <b>Therapies in Action</b> with Leigh Currie</p>	<p><b>1pm - 3:00pm</b> <b>PRISM</b> with Steve McDonald</p>
	<p><b>1:30pm - 3pm</b> <b>Alcohol Group</b> with Debbie Arnold</p>		<p><b>1:30pm - 3pm</b> <b>Changing Lives</b> with Allan Sargeant &amp; Leigh Currie</p>	<p><b>1:30pm - 3pm</b> <b>Six Stages of Motivation</b> with Steve McDonald</p>	<p><b>1pm - 2pm</b> <b>Relaxation Group</b> with Debbie Arnold</p>
<b>Evening</b>		<p><b>5pm - 6pm</b> <b>Introductions to Recovery</b> with Steve McDonald</p>			
		<p><b>6pm - 7:30pm</b> <b>PRISM</b> with Steve McDonald</p>			