

Stage 1	Week 1					Week 2					Week 3					Week 4					Week 5				
	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast club																									
AM 10am to 1pm	S1S1	Book studies	Just for today	Physical/meditation/relapse prevention	Dealing with Fear in Addiction Recovery AM	S1S2	Work sheet group	Feelings group	Physical/meditation/relapse prevention	Adult Children of Alcoholics and Addicts	S1S3	Book studies	Just for today	Physical/meditation/relapse prevention	Addiction and the Personality	Work sheet group	S2S4	Feelings group	Physical/meditation/relapse prevention	Not Mad, or Bad But Sick	S2S5	Book studies	Just for today	Physical/meditation/relapse prevention	Relapse Dynamics
Afternoon 2pm onwards			Activities					Activities					Activities					Activities					Activities		
PM		Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm	
Breakfast club																									
Stage 1	Week 6					Week 7					Week 8					Week 9					Week 10				
	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast club																									
AM 10am to 1pm	S2S6	Work sheet group	Feelings group	Physical/meditation/relapse prevention	Stinking Thinking	S2S7	Work sheet group	Feelings group	Physical/meditation/relapse prevention	Relapse Prevention in SUD	S3S8	Work sheet group	Feelings group	Physical/meditation/relapse prevention	Recovery Process	S3S9	Book studies	Just for today	Physical/meditation/relapse prevention	The 12 Step Programme	S3S10	Work sheet group	Feelings group	Physical/meditation/relapse prevention	Spirituality in Recovery
Afternoon 2pm onwards			Activities					Activities					Activities					Activities					Activities		
PM		Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:00-7:00	Men's group 7-9pm	