

Stage 2	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	S4S11	Book studies	Feelings group	Physical/meditation/relapse prevention	Rebuilding Relationships in Recovery	S4S12	Work sheet group	Feelings group	Physical/meditation/relapse prevention	Introduction to Mindfulness	S4S13	Book studies	Just for today	Physical/meditation/relapse prevention	Faces of Sobriety	S5S14	Work sheet group	Feelings group	Physical/meditation/relapse prevention	Dry Drunk Syndrome	S5S15	Book studies	Just for today	Physical/meditation/relapse prevention	Dealing with Shame
Afternoon 2pm onwards			Activities	Activities	Activities			Activities	Activities	Activities			Activities	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		
Stage 2	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	S6S16	Work sheet group	Feels group	Physical/meditation/relapse prevention	Young Adults and Health Risk Behaviours	S6S17	Book studies	Feelings group	Physical/meditation/relapse prevention	Carers and Addictions	S7S18	Work sheet group	Just for today	Physical/meditation/relapse prevention	Substance Misuse and Mental Ill Health	S7S19	Book studies	Feelings group	Physical/meditation/relapse prevention	Socioeconomic Impacts of Addiction	overview	Work sheet group	Just for today	Physical/meditation/relapse prevention	Overview of Addiction, Treatment and Recovery
Afternoon 2pm onwards			Activities	Activities	Activities			Activities	Activities	Activities			Activities	Activities											
PM		Men's group 7-9pm	Woman's group 5:30-7:30	Men's group 7-9pm		Men's group 7-9pm	Woman's group 5:30-7:30	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:30-7:30	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:30-7:30	Men's group 7-9pm			Men's group 7-9pm	Woman's group 5:30-7:30	Men's group 7-9pm		