

GREEN = MUST GO		Revised 7 <sup>th</sup> January 2024				YELLOW = OPTIONAL	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
← Morning Medication is between 6:00am- 7:30am every day including weekends →							
← Thought for the Day 7:45am - 8:00am every day including weekends →							
← Breakfast 8:30am every day including weekends →							
<b>Group Therapy</b> including peer evaluations when planned Group Rooms <b>9:45am - 11:15am</b>	<b>Step 1 Assignment - Reading Group</b> <b>Group Therapy</b> including peer evaluations when planned Group Rooms <b>9:45am - 11:15am</b>	<b>Group Therapy</b> including peer evaluations when planned Group Rooms <b>9:45am - 11:15am</b>	<b>Gender Groups</b> Study, Niebuhr, Chapel <b>9:45am - 11:15am</b>	<b>Group Therapy</b> including peer evaluations when planned Group Rooms <b>9:45am - 11:15am</b>	<b>Relapse Prevention Workshop</b> Study <b>9:45am - 11:15am</b>	<b>Roman Catholic service and C of E services</b> See info on Client Board <b>CoDA Online - Men Only</b> Meet in Atrium <b>9:15am - 10:45am</b>	
<b>Alternative Therapies</b> See sign-up sheets on Client Board <b>11:45am - 12:45pm</b>		<b>Induction Group</b> Meet in Atrium <b>12:00pm</b>				<b>CA In House Meeting</b> Niebuhr <b>10:00am - 11:00am</b>	
← Shop opens - Monday to Friday - 11:20am - 11:50am →					<b>Leaders Group</b> Niebuhr <b>12:00pm - 12:30pm</b>	<b>Lecture Study</b> <b>11:15am - 11:45am</b>	
← Graduation Ceremony - Monday to Friday - 11:45am - 12:00pm →							
← Lunchtime Medication - Monday to Friday - 12:00pm - 1:00pm →					← Medication Saturday & Sunday 11:45am - 12:30pm →		
← Lunch - Monday to Friday - 1:00pm - 2:00pm →					← Lunch Saturday & Sunday 12:30pm - 1:30pm →		
← Drop in Mobile Phone Session - Study - 1:30pm - 1:55pm - Monday, Wednesday and Friday - for Essential and Work E-mails only →					<b>Town Visit</b> <b>1:30pm to 4:00pm</b>	<b>Family Visits</b> <b>10:30am - 4:00pm</b>	
<b>Workshop</b> <b>Relationship Matters</b> Study <b>2:00pm - 3:00pm</b>	<b>Alternative Therapies</b> See sign-up sheets on Client Board <b>2:00pm - 2:50pm</b>  <b>Auricular Acupuncture</b> Meet in the Atrium <b>2:00pm - 2:50pm</b>  <b>Art Therapy</b> Art Room <b>2:00pm - 3:30pm</b>	<b>Pre Community Meeting</b> HL & DHL only Niebuhr <b>2:00pm - 2:15pm</b>  <b>Community Meeting</b> Study <b>2:15pm - 3:00pm</b>	<b>Alternative Therapies</b> See sign-ups sheets on Client Board <b>1:30pm - 3:30pm</b>	<b>Alternative Therapies</b> See sign-ups sheets on Client Board <b>1:30pm - 3:30pm</b>			<b>Art Space</b> Art Room <b>2:00pm to 3:30pm</b>
			<b>Newcomers Workshop</b> Chapel <b>2:00pm - 2:30pm</b>	<b>Newcomers Workshop</b> Chapel <b>2:00pm - 2:30pm</b>			
<b>Goals Group</b> Group Rooms <b>3:10pm - 4:00pm</b>	<b>Alternative Therapy</b> See sign-up sheets on Client Board <b>3:15pm - 4:00pm</b>	<b>Food / Self Harm Group</b> Niebuhr <b>3:15pm - 4:00pm</b>	<b>Music Workshop</b> Study <b>2:45pm - 3:45pm</b>	<b>Mindfulness</b> Study <b>2:00pm - 2:50pm</b>	<b>TV / film</b> Study <b>Musical Instruments</b> Chapel <b>1:30pm - 4:00pm</b>	<b>TV / film</b> Study <b>Musical Instruments</b> Chapel <b>1:30pm - 4:00pm</b>	
			<b>Creative Writing</b> Niebuhr <b>2:45pm - 3:45pm</b>	<b>12-Step Discussion</b> Niebuhr <b>2:00pm - 2:50pm</b>			
<b>Mini Group</b> <b>4:20pm - 5:00pm</b>	<b>Mini Group</b> <b>4:20pm - 5:00pm</b>	<b>Mini Group</b> <b>4:20pm - 5:00pm</b>	<b>Lecture</b> Study <b>4:00pm - 4:30pm</b>	<b>In House Share</b> Study <b>3:45pm - 4:45pm</b>	<b>Mini Group</b> <b>4:20pm - 5:00pm</b>	<b>Mini Group</b> <b>4:40pm - 5:20pm</b>	
← Evening Medication 4.30pm - 5.25pm →							
← Dinner 5.30pm - 6.30pm →							
<b>NA In House Meeting</b> Niebuhr <b>7:00pm - 8:00pm</b>	<b>NA Off Site Meeting</b> <b>6:10pm</b> pick up (meet in study 4:15pm for briefing)	<b>Life Story</b> <b>6:30pm</b>	<b>Alternative Therapies</b> See sign-up sheets on Client Board <b>6:30pm - 7:15pm</b>	<b>TV / film</b> Study  <b>Musical Instruments</b> Chapel  <b>8:00pm - 10:00pm</b>	<b>Ex-peer Share</b> Study <b>6:40pm - 7:30pm</b>	<b>Life Story</b> <b>6:30pm - 7:10pm</b>	
<b>AA In House Meeting</b> Study <b>7:30pm - 8:30pm</b>		<b>AA Off Site Meeting</b> <b>7:00pm</b> pick up (meet in study 4:15pm for briefing)				<b>Alternative Therapies</b> See sign-up sheets on Client Board <b>7:30pm - 8:30pm</b>	<b>SLAA Women Only</b> Meet in Atrium <b>8:00pm - 9:15pm</b>
	<b>SLAA Men Only</b> Meet in Atrium <b>7:00pm - 8:30pm</b>		<b>CoDA Online Women</b> Parlour <b>7:30pm - 9:00pm</b>				
<b>Reflection and Self-Care</b> <b>9:00pm - 10:00pm</b>	<b>Zoom Fellowship Meeting</b> <b>7:00pm</b> Study	<b>TV / film</b> Study <b>Musical Instruments</b> Chapel <b>7:30pm - 10:00pm</b>	<b>Reflection and Self-Care</b> <b>7:15pm - 10:00pm</b>	<b>TV / film</b> Study <b>Musical Instruments</b> Chapel <b>7:30pm - 10:00pm</b>			
	<b>TV / film</b> Study <b>Musical Instruments</b> Chapel <b>9.00pm - 10.00pm</b>						
← Daily Journals to be to be completed every night by 11:00pm and placed in the DJ box in the lounge →							
← Night time Medication is between 9:45pm and 11:00pm every night, including weekends - Retire to bed by 11:00pm →							