



Freedom Recovery Centre

Day Programme and Aftercare for Addiction

TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30 – 10.00	Refreshments	Refreshments	Drop-In (10.00-16.00) <u>Access by arrangement:</u> Family Day (Quarterly) Family Mediation Care Reviews Counselling Education Alternative therapy IT access Social Integration Close	Refreshments	Refreshments
10.00-10.15	Daily Reflection	Daily Reflection		Daily Reflection	Daily Reflection
10.30-11.00	Life Story / Assignments	Topic / Step work / Life Skills Group		Therapeutic Themes	Gender Group
11.00-11.30					
11.30-12.00	CULINARY SKILLS AND SHARED LUNCH	CULINARY SKILLS AND SHARED LUNCH		CULINARY SKILLS AND SHARED LUNCH	CULINARY SKILLS AND SHARED LUNCH
12.00-12.30					
12.30-13.00	Therapy Group	CULINARY SKILLS AND SHARED LUNCH		CULINARY SKILLS AND SHARED LUNCH	CULINARY SKILLS AND SHARED LUNCH
13.00-13.30					
13.30-14.00	BREAK	Community/Goals Group (ALT)		AA /NA /CA fellowship meeting	Weekend Focus / Aftercare Group
14.00-15.00	Relaxation				
15.00-15.30	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	
15.45-16.00	Wind Down and Meditation	Wind Down and Meditation	Nutritional Menu Planning and Budgeting	Weekly House Shopping	
16.00-16.50	Keyworking / Counselling	Keyworking / Counselling	Wind Down and Meditation	Wind Down and Meditation	
17.00	Close	Close	Keyworking / Counselling	Keyworking / Counselling	
			Close	Close	

Saturday and Sundays are structured according to Weekend planners

Updated 11.08.08