

****The programme is subject to change****

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Medication	Medication	Medication	Medication	Medication	Medication	Medication
8:20	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:10	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
09:45	Break	Break	Break	Break	Break	Break	Break
10:00 - 11:15	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
11:14 -11:45	Break	Break	Break	Break	Break	Break	Break
11:45- 12:30	Group/DBT	Group/DBT	Group/DBT	Group/DBT	Group/DBT	Group	Group
12:30- 14:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	12:30 medication
13:00-	Medication	Medication	Medication	Medication	Medication	Medication	
13:30 - 14:00							Family visits
14:00 14:45	Group/stepwork	Sound Therapy/Yoga	Community Meeting	Sound Therapy/Yoga	Group/Stepwork	Addiction film/ workshop	Workshop
15:00 - 15:45	Workshop		Group/workshop	Sound Therapy/Yoga	Workshop		Phone time / free time
16:15	Walk/Free Time	Walk/Free Time	Walk/Free Time	Walk/Free Time	Walk/Free Time	Walk/Free Time	Walk/Free Time
16:45	Phone time	Phone time	Phone time	Phone time	Phone time	Phone time	17:00 return from visits
17:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
18:00	Medication	Medication	Medication	Medication	Medication	Medication	Medication
19:00	Phones in	Phones in	Phones in	Phones in	Phones in	Phones in	Phones in
19:30	Assignment time	Fellowship Meeting	Assignment time	Fellowship Meeting	TV night	Entertainment night	Fellowship Meeting
22:00	Medication	Medication	Medication	Medication	Medication	Medication	Medication
23:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime at 23:30	Bedtime at 23:30	Bedtime

- Any shopping that clients may need are organised on a centre by centre basis and you will be informed of the process at admission, the information will also be in your handbook.