	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am	9.30 – 9.45 Register & Collect Diaries	09.00 – 9.30 House Meeting	9.30 – 9.45 Register & Collect Diaries	9.30 – 9.45 Register & Collect Diaries	9.30 – 9.45 Register & Collect Diaries	10.00 – 10.15 Register & Collect Diaries
10am	10.30 – 11.30 Community Group	10.30 – 11.30 Self Esteem Building	10.30 – 11.30 Meditation	10.30 – 11.30 Affirmation Group	10.30 – 11.30 Induction Group	10.45 – 11.45 Meditation, Reflection, Affirmation - Daily Diary
11am	11.45 – 12.45 Relationship workshop	10.30 – 11.30 Group Therapy	10.30 – 11.30 Group Therapy	10.30 – 11.30 Group Therapy	10.30 – 11.30 Group Therapy	11.45 – 12.45 Anger Management
12pm	12.45 – 1.45 Lunch	12.45 – 1.45 Lunch	11.45 – 12.45 1-1 Counselling	11.45 – 12.45 Therapuetic walk	11.45 – 12.45 Life Story	12.45 – 12.45 Assignment
1pm	12.45 – 1.45 Lunch		12.45 – 1.45 Lunch	12.45 – 1.45 Lunch	12.45 – 1.45 Lunch	1.00 – 2.00 Family Therapy
2pm	1.45 – 2.30 Group Therapy	1.45 – 2.30 Exercise Class	1.45 – 2.30 Fun Activity	2.45 – 3.30 Relapse Warning Signs	1.45 – 2.30 Mindfulness	2.10 – 3.00 Structured Afternoon
3pm	2.45 – 3.30 Acupunture	2.45 – 3.30 Relapse Triggers			2.45 – 3.30 Self Esteem Building	
4pm	3.40 – 4.30 12 Steps	3.40 – 4.30 Goals & Dreams	3.40 – 4.30 Workshop	3.40 – 4.30 Ex Peer Share	3.40 – 4.30 Td's & Checkout	
Evening	7 - TIL LATE Evening Meeting	7 - TIL LATE Evening Meeting	7 - TIL LATE Evening Meeting	7 - TIL LATE Evening Meeting	7 - TIL LATE Evening Meeting	7 - TIL LATE Evening Meeting