

Day Rehab Making Changes Groups

CDR: 69 Kingston Road PO2 7DX QA: Level A Chapel, QA, PO6 3LY Hub: 44-46 Elm Grove PO5 1JG Phone: 02392 861423

Day	Time	Group	Venue
Mon	10:00 -12:00 12:15 - 13:45 15:00-16:00 19:00-20:00	Acupuncture Group (Maximum of 9 people, please arrive no later than 10:30) Wellbeing Group: weight, BMI, smoking cessation incl. Swap to Stop, general wellbeing Behaviour Change Group Behaviour Change Group	CDR CDR CDR Online
Tue	10:30-13:30 11:00-12:00	Hot drinks 10.30 - 10.45 Women's Group Acupuncture Group 10:45 - 11:45 Break 11:45 - 12:00 Behaviour Change Group 12:00 - 13:00 QA Hospital Alcohol Changes Group	CDR QA
Wed	10:00-12:00 13:00 - 14:00 15:30-16:30	Acupuncture Group (Maximum of 9 people, please arrive no later than 10:30) Men's Group Behaviour Change Group Working With Emotions Group	CDR CDR CDR
Thu	11:00-12:00 13:00-14:00 13:30-14:30 15:00 - 16:00	Cannabis Behaviour Change Group Community Rehab Group (Open to All) Behaviour Change Group After Care Drop In Group (Closed Group - 8WP Graduates)	Online Hub CDR CDR
Fri	11:00-12:00	Cocaine & Ketamine Behaviour Change Group	CDR
Sun	10:00-14:00	Recovery Sunday Arrive: No Group * Breathwork & Mindfulness Group * Behaviour Change Group * Depart: No Group 10:00 - 11:00 11:00 - 11:45 12:00 - 13:00 13:00 - 14:00	CDR

We ask you arrive 10 minutes before the group is due to start