









Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
 09:45am	Morning Community Meeting	Morning Community Meeting	Morning Community Meeting	Morning Community Meeting	Morning Community Meeting
 10:15am	Morning Movement	(10:30am) DBT Skills Group	Morning Movement	Morning Movement or Shopping Group	Morning Movement
 11:15am	(11.00am) Planning Group		Self-Care Group	Choir Group	Interpersonal Tips & Tricks
 12:30pm	'Sub-Club'	Cook-Freeze	Cook-Freeze	'Sub-Club'	Cook-Freeze
 15:15pm	Life Goals Group	Team Building	Life Skills Group	Recovery Through Activity Group	DBT Review & Baking
 16:15pm	Craft/Project Group & Cooking	Mindfulness Group	Craft/Project Group & Cooking		Social Tea
 17:00pm	Community Meal	Jacket Potatoes	Community Meal	Cook-Freeze	Self-Catering
 19:30pm	Evening Community Meeting	Evening Community Meeting	Evening Community Meeting	Evening Community Meeting	Evening Community Meeting