



KAIROS COMMUNITY TRUST

A therapeutic community supporting people with addictions

Garden Day Programme

66 Nunhead Lane

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www.kairoscommunity.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
10.00-11.30 Therapy/Process Group	10.00-11.30 Therapy/Process Group	10.00-11.30 Therapy/Process Group	10.00-11.30 Therapy/Process Group	10.00-11.30 Therapy/Process Group
12.00-13.00 Step Work Group	12.00-13.00 Step Work Group	12.00-13.00 Step Work Group	12.00-13.00 Step Work Group	12.00-13.00 Step Work Group
13.00-14.00 Lunch at Linden Grove	13.00-14.00 Lunch at Linden Grove	13.00-14.00 Lunch at Linden Grove	13.00-14.00 Lunch at Linden Grove	13.00-14.00 Lunch at Linden Grove
13.45-15.15 Art Therapy	14.00-15.00 Addiction/Recovery Workshop	14.00-15.00 Addiction/Education Workshop	13.45-15.00 Meditation and Qi Gong	14.00-15.30 Goals/Objectives Group or Graduation
15.00-17.00 One to One Counselling Care Plans and Reviews Support Work Sessions	15.00-17.00 One to One Counselling Care Plans and Reviews Support Work Sessions	15.00-17.00 One to One Counselling Care Plans and Reviews Support Work Sessions	15.00-17.00 One to One Counselling Care Plans and Reviews Support Work Sessions	15.00-17.00 One to One Counselling Care Plans and Reviews Support Work Sessions

- Clients are required to attend three 12-Step fellowship meetings of their choice per week (AA, NA, CA, SLAA, CODA).