



## THE GARDEN DAY PROGRAMME ONLINE

66 Nunhead Lane, London SE15 3QE

dayprogramme@kairoscommunity.org.uk

t: 020 7635 7664

Monday	Tuesday	Wednesday	Thursday	Friday
<b>09:15- 10.00</b> Zoom Room open for chat and catch-up	<b>09:15- 10.00</b> Zoom Room open for chat and catch-up	<b>09:15- 10.00</b> Zoom Room open for chat and catch-up	<b>09:15- 10.00</b> Zoom Room open for chat and catch-up	<b>09:15- 10.00</b> Zoom Room open for chat and catch-up
<b>10:00-11:30</b> Therapy/Process Group	<b>10:00-11:30</b> Therapy/Process Group	<b>10:00-11:30</b> Therapy/Process Group	<b>10:00-11:30</b> Therapy/Process Group	<b>10:00-11:30</b> Therapy/Process Group
<b>12:00-13:00</b> Step Work Group	<b>12:00-13:00</b> Meditation	<b>12:00-13:00</b> Step Work Group	<b>12:00-13:00</b> Meditation	<b>12:00-13:00</b> Goals & Objectives Group
<b>13:00-14:00</b> Lunch	<b>13:00-14:00</b> Lunch	<b>13:00-14:00</b> Lunch	<b>13:00-14:00</b> Lunch	<b>13:00-14:00</b> Lunch
<b>14:00-15:00</b> One-to-one counselling, Care Plans, Reviews & Support work sessions	<b>14:00-15:00</b> One-to-one counselling, Care Plans, Reviews & Support work sessions	<b>14:00-15:00</b> One-to-one counselling, Care Plans, Reviews & Support work sessions	<b>14:00-15:00</b> One-to-one counselling, Care Plans, Reviews & Support work sessions	<b>14:00-15:00</b> One-to-one counselling, Care Plans, Reviews & Support work sessions

- Timetable effective from 27 April 2020 until further notice. See website for updates.
- For programme confidentiality, Zoom meeting numbers and passwords change daily and are emailed individually the evening before use.
- Clients are encouraged to attend three online 12-Step fellowship meetings per week (AA, NA, CA).