



## THE GARDEN DAY PROGRAMME

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### SPECIMEN TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>09:30-10:00</b> Coffee, social & support	<b>09:30-10:00</b> Coffee, social & support	<b>09:30-10:00</b> Coffee, social & support	<b>09:30-10:00</b> Coffee, social & support	<b>09:30-10:00</b> Coffee, social & support
<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>11:55-13:00</b> Step Work Group	<b>11:55-13:00</b> Step Work Group	<b>11:55-13:00</b> Step Work Group	<b>11:55-13:00</b> Step Work Group	<b>11:55-13:00</b> Step Work Group
<b>13:00-14:00</b> Lunch at Linden Grove	<b>13:00-14:00</b> Lunch at Linden Grove	<b>13:00-14:00</b> Lunch at Linden Grove	<b>13:00-14:00</b> Lunch at Linden Grove	<b>13:00-14:00</b> Lunch at Linden Grove
<b>14:00-15:00</b> Addiction / Education Workshop	<b>14:00-15:30</b> Art Therapy	<b>14:00-15:00</b> Addiction / Education Workshop	<b>14:00-15:00</b> Meditation	<b>14:00-15:30</b> Addiction Workshop or Graduation Ceremony

- Clients typically leave the project at 3-3.30pm but the weekly counselling session is scheduled between 3 and 5pm.
- The programme also requires attendance at THREE 12 Step Fellowship meetings of choice per week (AA, NA, CA).