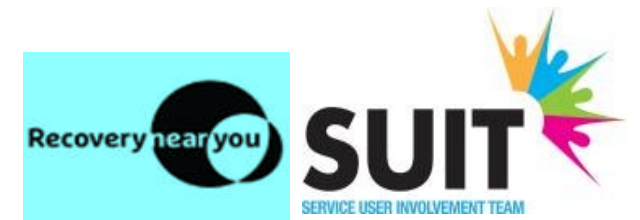





Recovery Near You - Group Therapies Timetable @ 26/08/25

Groups are weekly and held at Recovery Hub, 1 Connaught Road WV1 4SJ (unless otherwise stated)

(NB: All courses require a Recovery Near You referral)



	Monday	Tuesday	Wednesday	Thursday	Friday
Structured Courses: Referral only	Rise Programme 10:00 – 14:30	Rise Programme 10:00 – 14:30	Women's Empowerment 10:00 – 12:00 (starting 24/09/25) Alcohol Awareness 10:00 – 12:00	Rise Programme 10:00 – 14:30	Rise Programme 10:00 – 14:30
			Cannabis & Stimulant Awareness sessions 14:00 – 16:00		
	IPS Team: Employment Empowerment Hub 13.00 – 16.00		Alcohol Awareness Course 18:00 – 20.00	Liver Transplant Recovery 3 rd Thurs / month course 13.30 – 15.30	
Support Groups			Family Support Group 10.00 – 11.30	Adult Affected Others Group 10:00 – 11:30 Women's Coffee Morning 10:00- 12:00	Men's Support Group 12:30 – 14:30
 SMART Recovery Support Groups	SMART Recovery Group 10:00 – 12:00	SMART Recovery Group 10:00 – 12:00 Staying SMART 12:15 – 13:15	SMART Recovery Group 17:30 -19.30		SMART Recovery Group 10:00 – 12:00
Lifestyle Groups		Art Group 12.30 – 14.30		Gardening Group 10:00 - 12.30	
Alcoholics Anonymous Support Groups	 Alcoholics Anonymous 24 hour Helpline 01384 482929 (also hold local meetings)	 Narcotics Anonymous 10am until midnight Helpline 0300 999 1212 (also hold local meetings)		Alcoholics Anonymous <u>Weekly</u> 13:30 – 14:30	