




Recovery Near You Wolverhampton – Group Therapies Timetable



	Monday		Tuesday		Wednesday		Thursday		Friday	
Support Services (Drop in Service)	Advice, Information & Guidance (AIG) Includes Breakfast Club 9:30-11am		Advice, Information & Guidance (AIG) Includes Breakfast Club 9:30-11am		Advice, Information & Guidance (AIG) Includes Breakfast Club 9:30-11am		Advice, Information & Guidance (AIG) Includes Breakfast Club 9:30-11am		Advice, Information & Guidance (AIG) Includes Breakfast Club 9:30-11am	
Talking Therapies Structured Group	Cutting Down Your Use 9.30 – 11.30pm		Relapse Prevention 1.00 – 3.00pm		Anxiety Management 11.00 – 1.00		Getting Motivated To Change 11.00 – 1.00pm		SMART Recovery Meeting TBC	
Skills Workshops Practical Group	Skills for Life Workshop 1.30pm-3.00pm		Basic Cooking Workshop 11.30 – 13.00pm		Healthy Eating Work Shop 1.30 – 3.00pm		Job Club Workshop 1.00 – 3.00pm		Filling My Time Work Shop 11.30 – 1.30pm	
Holistic Therapies Wellbeing	Relaxation Session 3.00-4.00pm		Relaxation Session 3.30-4.30pm		Mindfulness Session TBC		Health Trainer Drop in service 12.00-3.30pm			
Activities Clubs Open groups	Gardening 1.30-3.00pm	Craft Club 1.00-3.00pm	Music Club 2.00-3.30pm	Games Club 1.00-3.00pm	Art Club 1.00-3.00pm	Mind Body & Soul 5.00 – 6.00pm	Men's group 2.00-3.30pm	Women's Group 2.00-3.30pm	Creative Writing 11.00-1.00pm	Film Club 2.00-3.30pm
Support Groups Mutual Aid	 . Alcoholics Anonymous 24 Hour Helpline 01384 482929 Hold various meetings around the local area please separate list.		 Narcotics Anonymous 10am until midnight Helpline 0300 999 1212 Hold various meetings around the local area please separate list.		 SMART Recovery [®] SMART Recovery UK Held at RNY, Thornhurst Building: WEDNESDAYS 6:30pm-8.00pm.		