




Recovery Near You - Group Therapies Timetable



All groups at The Recovery Hub 1 Connaught Road, WV1 4SJ.	Monday	Tuesday	Wednesday	Thursday	Friday
<p>SMART Recovery All Face to face</p> 	<p>SMART Recovery Meeting: 10:00 – 12:00 noon</p> <p>SPOC SMART Recovery Meeting: 12:30 – 14:00 hours At Pitt St</p>	<p>SMART Recovery Meeting: 10:00 – 12:00 noon</p>	<p>Women’s SMART/therapeutic activities: 10:00 – 12:00 hours</p> <p>SMART Recovery Meeting: 17:30 -19.00 hours</p>	<p>SMART Recovery Meeting: 10:00 – 12:00 noon</p> <p>Liver Transplant SMART Recovery Meeting 1 x monthly: 13:30 – 15:30 hours (3rd Thursday of the month) (contact for more information)</p>	<p>SMART Recovery Meeting: 10:00 – 12:00 noon</p>
<p>Structured Courses</p>	<p>Cannabis Awareness Course 13:30 – 15:30 (Referral Only)</p>	<p>Drug & Alcohol Awareness Course Changing Lives Building 13:00 – 14:00 hours (Referral Only)</p>	<p>Women’s Empowerment Programme: 10:00 – 12:00 hours (referral only)</p> <p>Drug & Alcohol Awareness Course 18:00 – 20:00 hours (Referral Only)</p>		<p>Drug & Alcohol Awareness Course 10:00 – 12:00 hours (Referral Only)</p> <p>Onwards & Upwards 10:00 – 12:00 hours (Referral Only)</p>
<p>Lifestyle & Activities Workshops</p>	<p>Head for health walking group West Park 14:00 – 15:00</p>		<p>Healthy Eating (Cooking) Group 12:30 – 14:00 hours Vee & Chris (referral only)</p> <p>Gardening Group 12:30 hours – onwards</p>	<p>Art Group 12:30 -14:30 hours</p> <p>Head for health yoga/ chair yoga 13:00 – 14:00 1 x monthly 1st Thursday of the Month next session 6th April 2023</p>	<p>Head 4 health walking group West Park 13:30 – 14:30</p>
<p>Additional Support Groups Mutual Aid</p>	 <p>Alcoholics Anonymous 24 Hour Helpline 01384 482929 Hold various meetings around the local area please separate list.</p>	 <p>Narcotics Anonymous 10am until midnight Helpline 0300 999 1212 Hold various meetings around the local area please separate list.</p>	<p>Family Support Group 18:30 - 19:30 hours.</p>	<p>Adult Affected Others Group 10:00 – 11:30 (referral only)</p>	