




Recovery Near You - Group Therapies Timetable



All groups at The Recovery Hub 1 Connaught Road, WV1 4SJ.	Monday	Tuesday	Wednesday	Thursday	Friday
SMART Recovery 	SMART Recovery Meeting: 10:00 – 12:00 noon SPOC SMART Recovery Meeting: 12:30 – 14:00 hours	SMART Recovery Meeting: 10:00 – 12:00 noon Punjabi Speaking SMART Recovery Meeting: starting 12 th July 14:30 – 16:30 hours	SMART Recovery Meeting: 17:30 -19.00 hours (Face to Face)	SMART Recovery Meeting: 10:00 – 12:00 noon	SMART Recovery Meeting: 10:00 – 12:00 noon
Structured Courses	Drug & Alcohol Awareness Course 13:30 – 15:30 hours 4 th – 25 th Jul (Referral Only) Cannabis Awareness Course 13:30 – 15:30 (Referral Only) Starts 1 st Aug		Female Empowerment Group 10:00 -12:00 hours (Referral Only) Starts 7 th Sept Drug & Alcohol Awareness Course 18:00 – 20:00 hours (Referral Only)		Drug & Alcohol Awareness Course 10:00 – 12:00 hours (Referral Only) Onwards & Upwards 10:00 – 12:00 hours (Referral Only)
Lifestyle & Activities Workshops	Gardening Group 12:30 hours – onwards Head for health walking group 14:00 – 15:00				Head for health walking group 13:30 – 14:30
Additional 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.	Family Support Group 18:30 - 19:30 hours.		