

**DAY PATIENT PROGRAMME EXAMPLE****Monday**

9.30-10.30	Anxiety Management	Maple
10.30-11.00	Relaxation Techniques	Winchester
11.30-12.30	Group Therapy	Maple
12.30-1.30	Lunch	Dining Room
1.30-2.45	Cognitive Behaviour Therapy	Winchester
3.00-4.00	CBT Skills Workshop	Winchester
4.00-4.30	Tea	Music Room
4.30-5.30	Occupational Therapy (Craft)	Canterbury
<u>OR</u>	Alcohol Group	Maple

Tuesday

9.15-10.00	Experiential Self Awareness	Winchester
10.15-11.15	Feldenkrais	Knight's Chamber
11.30-12.30	Group Therapy	Maple
12.30-1.30	Lunch	Dining Room
1.30-2.30	Assertion	Winchester
2.45-3.45	Craft Workshop	Canterbury
4.00-4.30	Tea	Music Room
4.30-5.15	Taking Care of Yourself	Maple
7.30-9.00	Alcohol Support Group	Maple

Wednesday

9.30-10.15	Coping with Loss and change	Maple
10.30-11.00	Exercise Class	Knight's Chamber
11.30-12.30	Group Therapy	Maple
12.30-1.30	Lunch	Dining Room
1.30 – 2.30	Mindfulness	Knight's Chamber
3.00-4.00	Art Therapy	Canterbury
4.00-4.30	Tea	Music Room
4.30-5.30	Relaxation	Knight's Chamber

Thursday

9.15-10.15	Raising Self Esteem	Winchester	
10.15-11.00	Yoga	Knight's Chamber	
11.30-12.30	Group Therapy	Maple	
12.30-1.30	Lunch	Dining Room	
1.30-2.30	Communication within Relationships	Winchester	
2.45-3.45	Craft Workshop	Canterbury	
<u>OR</u>	3.00-4.00	Music Appreciation	Maple
	4.00-4.30	Tea	Music Room
	4.30-5.30	Relaxation	Knight's Chamber
	4.30-5.30	Alcohol Recovery Plan Group	Maple
	6.30-7.30	Relatives Support Group	Maple

Friday

9.30-10.30	Managing Depression	Maple
10.30-11.00	Exercise Class – Dynamic Yoga	Knight's Chamber
11.30-12.30	Group Therapy	Winchester
12.30-1.30	Lunch	Dining Room
1.30-2.30	Mind over Mood Group	Winchester



3.00-3.45 Relaxation
OR
4.00-4.30 Aromatherapy by Appt
4.30-5.30 Tea
Art & Craft

Knight's Chamber
Meet Ursula at reception
Music Room
Canterbury