

W/C Monday	MONDAY <i>24 Station Road</i>	TUESDAY <i>24 Station Road</i>	WEDNESDAY	THURSDAY <i>24 Station Road</i>	FRIDAY	SATURDAY
Mar 22 nd 9 -12	Unlocking thinking 1			Unlocking thinking 2	KEY Access programme Main programme Alcohol Programme <i>Main programme – out of hours</i>	
1.30-5	Access 7 - Relapse Warning Signs			Access 8 – Coping mechanisms		
6 – 8	Evening group					
Mar 29 th 9 -12	Unlocking thinking 3			Unlocking thinking 4	BANK HOLIDAY	
1.30 -5	Access 9 – Lapse/Relapse			Access 10 – Self Worth		
6-8	Evening group					
Apr 5 th 9-12	BANK HOLIDAY			Unlocking thinking 5		
1.30-5				Access 11 - Strengths		
6-8						
Apr 12 th 9 – 12	Unlocking thinking 6			Exploring Relationships 1		
1.30 -5	Access 12 - Denial			Access 13 – Co- Dependency		

6 -8	Evening group					
Apr 19 th 9 – 12	Exploring Relationships 2			Exploring Relationships 3		
1.30 -5	Access 14 – Cycle of Change			Access 15 – How do you feel today?		
6 -8	Evening group					
Apr 26 th 9 – 12	Exploring Relationships 4			Exploring Relationships 5		
1.30 -5	Access 16 – Letting Go			Access 17 - Feelings		
6 -8	Evening group					
May 3 rd 9 – 12	BANK HOLIDAY			Exploring Relationships 6		
1.30 -5	BANK HOLIDAY			Access 18 – Assertive Rights		
6 -8	BANK HOLIDAY					
May 10 th 9 – 12	Better communication 1			Better Communication 2		
1.30 -5	Access 19 – What is 'Good Health'?			Access 20 - Alcohol		
6 -8	Evening group					

May 17 th 9 – 12	Better communication 3			Better Communication 4		
1.30 -5	Access 21 – Drug use and offending			Access 22 - Gratitude		
6 -8	Evening group					
May 24 th 9 – 12	Better communication 5			Better Communication 6		
1.30 -5	Access 23 - Acceptance			Access 24 – Rights on Arrest		
6 -8						
May 31 st 9 – 12	BANK			Changing Behaviour 1		
1.30 -5	HOLIDAY			Access 25 – Miracle Day		
6 -8						
Jun 7 th 9 – 12	Changing Behaviour 2			Changing Behaviour 3		
1.30 -5	Access 26 – Problem Solving and Assumptions			Access 27 – Successful Change		
6 -8	Evening group					

Jun 14 th 9 – 12	Changing Behaviour 4			Changing Behaviour 5		
1.30 -5	Access 28 – Communication – Parent, Adult or Child?			Access 29 - Judgements		
6 -8	Evening group					
Jun 21 st 9 – 12	Changing Behaviour 6			Assertiveness 1		
1.30 -5	Access 30 – HIV & AIDS Awareness			Access 31 – Hepatitis		
6 -8	Evening group					
Jun 28 th 9 – 12	Assertiveness 2			Assertiveness 3		
1.30 -5	Access 32 – What is anger?			Access 33 – Are you a People Pleaser?		
6 -8	Evening group					
Jul 5 th 9 – 12	Assertiveness 4			Relapse Prevention 1		
1.30 -5	Access 34 – Honesty vs. Dishonesty			Access 35 – Addiction is...		

6 -8	Evening group					
Jul 12 th 9 - 12	Relapse Prevention 2			Relapse Prevention 3		
1.30 -5	Access 36 - Image			Access 37 – Introduction to feelings		
6 -8	Evening group					
Jul 19 th 9 - 12	Relapse Prevention 4			Relapse Prevention 5		
1.30 -5	Access 38 – Labelling			Access 39 - Motivation		
6 -8	Evening group					
Jul 26 th 9 - 12	Relapse Prevention 6			Review - Outcome Monitoring Wheel		
1.30 -5	Access 40 – General Health			Access 41 – Coping Skills – Positive Mental Attitude		
6 -8	Evening group					
Aug 2 nd 9 - 12	Self Esteem 1			Self Esteem 2		
1.30 -5	Review – Outcome Monitoring Wheel			Access 42 – Problem Solving		
6 -8	Evening group					

Aug 9 th 9 - 12	Self Esteem 3			Self Esteem 4		
1.30 - 5	Access 43 – Introduction to Self-esteem			Access 44 – Pros and cons		
6-8	Evening group					
Aug 16 th 9 – 12	Self Esteem 5			Self Esteem 6		
1.30 -5	Access 45 – Sleep and sleeping patterns			Access 46 – Managing emotions		
6 -8	Evening group					
Aug 23 rd 9 – 12						
1.30 -5	Access 47 - Stress			Access 48 – Methadone and the body		
6 -8	Evening group					