

W/C Monday	MONDAY	TUESDAY	WEDNESDAY <i>DIP Building</i>	THURSDAY <i>Chapel House</i>	FRIDAY <i>DIP Building</i>	SATURDAY
Mar 22 <sup>nd</sup> 9 -12	<b>KEY</b>  Access programme Core programme Alcohol Programme <i>Main programme - evening</i>		Self Esteem 2		Self Esteem 3	
1.30-5			Access 6 – Who am I		Access 7 – Relapse Warning Signs	
6 – 8					<i>Anger Management</i>	
Mar 29 <sup>th</sup> 9 -12			Self Esteem 4		<b>BANK HOLIDAY</b>	
1.30 -5		Access 8 – Coping Mechanisms				
6-8						
Apr 5 <sup>th</sup> 9-12	<b>BANK HOLIDAY</b>		Self Esteem 5		Self Esteem 6	
1.30-5			Access 9 – Lapse/Relapse		Access 10 – Self Worth	
6-8					<i>Anger Management</i>	
Apr 12 <sup>th</sup> 9 – 12		1- How do I feel?	Unlocking thinking 1		Unlocking thinking 2	
1.30 -5			Access 11 - Strengths		Access 12 - Denial	

6 -8					<i>Anger Management</i>	
Apr 19 <sup>th</sup> 9 – 12		2-Self Esteem	Unlocking thinking 3		Unlocking thinking 4	
1.30 -5			Access 13 – Co- dependency		Access 14 – Cycle of Change	
6 -8					<i>Anger Management</i>	
Apr 26 <sup>th</sup> 9 – 12		3 - Assertive Communication	Unlocking thinking 5		Unlocking thinking 6	
1.30 -5			Access 15 – How Do you feel today?		Access 16 – Letting Go	
6 -8					<i>Anger Management</i>	
May 3 <sup>rd</sup> 9 – 12	<b>BANK HOLIDAY</b>	4 – Relationships	Exploring Relationships 1		Exploring Relationships 2	
1.30 -5			Access 17 - Feelings		Access 18 – Assertive Rights	
6 -8					<i>Anger Management</i>	
May 10 <sup>th</sup> 9 – 12		5 – Stress /relaxation	Exploring Relationships 3		Exploring Relationships 4	
1.30 -5			Access 19 – What is 'Good Health'?		Access 20 - Alcohol	
6 -8					<i>Anger Management</i>	

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May 17 <sup>th</sup> 9 – 12		6 - Relapse Prevention	Exploring Relationships 5		Exploring Relationships62	
1.30 -5			Access 21 – Drug use and Offending		Access 22 - Gratitude	
6 -8					<i>Anger Management</i>	
May 24 <sup>th</sup> 9 – 12		7 – Denial	Better Communication 1		Better communication 2	
1.30 -5			Access 23 - Acceptance		Access 24 – Rights on Arrest Access 24 -	
6 -8					<i>Anger Management</i>	
May 31 <sup>st</sup> 9 – 12	<b>BANK HOLIDAY</b>	8 - Cross addiction	Better Communication 3		Better communication 4	
1.30 -5			Access 25 – Miracle Day		Access 26 – Problem Solving & assumptions	
6 -8					<i>Anger Management</i>	
Jun 7 <sup>th</sup> 9 – 12		9 - Taking responsibility	Changing Behaviour 1		Changing Behaviour 2	
1.30 -5			Access 27 – Successful Change		Access 28 – Communication- Parent, Adult, Child	
6 -8					<i>Anger Management</i>	

Jun 14 <sup>th</sup> 9 – 12		10 - Acceptance and gratitude	Changing Behaviour 3		Changing Behaviour 4	
1.30 -5			Access 29 - Judgements		Access 30 – HIV & AIDS Awareness	
6 -8					<i>Anger Management</i>	
Jun 21 <sup>st</sup> 9 – 12		11 - Where am I now?	Changing Behaviour 5		Changing Behaviour 6	
1.30 -5			Access 31 - Hepatitis		Access 32 – What is 'Anger'?	
6 -8					<i>Anger Management</i>	
Jun 28 <sup>th</sup> 9 – 12		12 - Where next?	Assertiveness 1		Assertiveness 2	
1.30 -5			Access 33 – Are you a 'people pleaser'?		Access 34 – Honesty vs. Dishonesty	
6 -8					<i>Anger Management</i>	
Jul 5 <sup>th</sup> 9 – 12		1- How do I feel?	Assertiveness 3		Assertiveness 4	
1.30 -5			Access 35 – Addiction is...		Access 36 - Image	
6 -8					<i>Anger Management</i>	
Jul 12 <sup>th</sup> 9 – 12		2-Self Esteem	Relapse Prevention 1		Relapse Prevention 2	
1.30 -5			Access 37 – Intro to Feelings		Access 38 - Labelling	
6 -8					<i>Anger Management</i>	

Jul 19 <sup>th</sup> 9 – 12		3 - Assertive Communication	Relapse Prevention 3		Relapse Prevention 4	
1.30 -5			Access 39 - motivation		Access 40 – General Health	
6 -8					<i>Anger Management</i>	
Jul 26 <sup>th</sup> 9 - 12		4 – Relationships	Relapse Prevention 5		Relapse Prevention 6	
1.30 -5			Access 41 – Coping Skills - Positive Mental Attitude		Access 42 - Problem Solving	
6 -8					<i>Anger Management</i>	
Aug 2 <sup>nd</sup> 9 – 12		5 – Stress /relaxation	Self Esteem 1		Self Esteem 2	
1.30 -5			Access 43 – Introduction to Self-esteem		Access 44 – Pros and Cons	
6 -8					<i>Anger Management</i>	
Aug 9 <sup>th</sup> 9 - 12		6 - Relapse Prevention	Self Esteem 3		Self Esteem 4	
1.30 - 5			Access 45 – Sleep and Sleeping patterns		Access 46 – Managing Emotions	
6-8					<i>Anger Management</i>	
Aug 16 <sup>th</sup>		7 – Denial	Self Esteem 5		Self Esteem 6	

Hampshire Structured Day Service **BASINGSTOKE**

9 – 12						
1.30 -5			Access 47 - Stress		Access 48 – Methadone and the body	
6 -8					<i>Anger Management</i>	
Aug 23 <sup>rd</sup> 9 – 12		8 - Cross addiction	Unlocking thinking 1		Unlocking thinking 2	
1.30 -5			Review - Outcome Monitoring Wheel			
6 -8					<i>Anger Management</i>	
Aug 30 <sup>th</sup> 9 – 12		9 - Taking responsibility	Unlocking thinking 3		Unlocking thinking 4	
1.30 -5						
6 -8					<i>Anger Management</i>	