

W/C Monday	MONDAY <i>DIP Office</i>	TUESDAY <i>The Bridge</i>	WEDNESDAY <i>DIP Office</i>	THURSDAY	FRIDAY	SATURDAY
Mar 22 nd 9 -12	Relapse Prevention 6		Self Esteem 1		KEY Access programme Main programme Alcohol Programme Main programme - evening	
1.30-5	Access4 - Who is a Drug User?		Access 5 – Drug use-Why do you?			
6 – 8						
Mar 29 th 9 -12	Self Esteem 2		Self Esteem 3		BANK HOLIDAY	
1.30 -5	Access 6 – Who am I?		Access 7 – Relapse warning Signs			
6-8						
Apr 5 th 9-12	BANK HOLIDAY		Self Esteem 4			
1.30-5			Access 8 – Coping Mechanisms			
6-8						
Apr 12 th 9 – 12	Self Esteem 5		Self Esteem 6			

1.30 -5	Access 9 – Lapse/Relapse		Access 10 – Self Worth			
6 -8						
Apr 19 th 9 – 12	Anger Management 1		Anger Management 2			
1.30 -5	Access 11 - Strengths		Access 12 - Denial			
6 -8						
Apr 26 th 9 – 12	Anger Management 3		Anger Management 4			
1.30 -5	Access 13 – Co- dependency		Access 14 – Cycle of Change			
6 -8						
May 3 rd 9 – 12	BANK HOLIDAY		Anger Management 5			
1.30 -5			Access 15 – How Do you feel today?			
6 -8						
May 10 th 9 – 12	Anger Management 6		Unlocking Thinking 1			
1.30 -5	Access 16 – Letting Go		Access 17 - Feelings			
6 -8						

May 17 th 9 – 12	Unlocking Thinking 2		Unlocking Thinking 3			
1.30 -5	Access 18 – Assertive Rights		Access 19 – What is 'Good Health'?			
6 -8						
May 24 th 9 – 12	Unlocking Thinking 4		Unlocking Thinking 5			
1.30 -5	Access 20 - Alcohol		Access 21 – Drug use and offending			
6 -8						
May 31 st 9 – 12	BANK HOLIDAY		Unlocking Thinking 6			
1.30 -5			Access 22 - Gratitude			
6 -8						
Jun 7 th 9 – 12	Exploring Relationships 1		Exploring Relationships 2			
1.30 -5	Access 23 - Acceptance		Access 24 – Rights on Arrest			
6 -8						
Jun 14 th 9 – 12	Exploring Relationships 3		Exploring Relationships 4			
1.30 -5	Access 25 – Miracle Day		Access 26 – Problem Solving & assumptions			

6 -8						
Jun 21 st 9 – 12	Exploring Relationships 5		Exploring Relationships 6			
1.30 -5	Access 27 – Successful Change		Access 28 – Communication – Parent, Adult, Child			
6 -8						
Jun 28 th 9 – 12	Better Communication 1		Better communication 2			
1.30 -5	Access 29 – Judgements		Access 30 – HIV & AIDS Awareness			
6 -8						
Jul 5 th 9 – 12	Better Communication 3		Better communication 4			
1.30 -5	Access 31 - Hepatitis		Access 32 – What is Anger?			
6 -8						
Jul 12 th 9 – 12	Changing Behaviour 1		Changing Behaviour 2			
1.30 -5	Access 33 – Are you a 'people pleaser'?		Access 34 – Honesty vs. Dishonesty			

6 -8						
Jul 19 th 9 - 12	Changing Behaviour 3		Changing Behaviour 4			
1.30 -5	Access 35 – Addiction is...		Access 36 - Image			
6 -8						
Jul 26 th 9 - 12	Changing Behaviour 5		Changing Behaviour 6			
1.30 -5	Access 37- Introduction to Feelings		Access 38 - Labelling			
6 -8						
Aug 2 nd 9 - 12	Assertiveness 1		Assertiveness 2			
1.30 -5	Access 39 – Motivation		Access 40 – General Health			
6 -8						
Aug 9 th 9 - 12	Assertiveness 3		Assertiveness 4			
1.30 - 5	Access 41 – Coping Skills- Positive Mental		Access42 – Problem Solving			

	Attitude					
6-8						
Aug 16 th 9 – 12	Review – Outcome Monitoring Wheel		Relapse Prevention 1			
1.30 -5	Access 43 – Intro to Self-Esteem		Access 44 – Pros and Cons			
6 -8						
Aug 23 rd 9 – 12	Relapse Prevention 2		Relapse Prevention 3			
1.30 -5	Access 45 – Sleep and Sleeping Patterns		Access 46 – Managing Emotions			
6 -8						
Aug 30 th 9 – 12	BANK HOLIDAY		Relapse Prevention 4			
1.30 - 5			Review – Outcome Monitoring Wheel			
6 - 8						