

W/C Monday	MONDAY	TUESDAY <i>DIP Stoke Rd Gosport</i>	WEDNESDAY <i>Avalon Centre group room/ Spotlight</i>	THURSDAY <i>DIP Stoke Rd Gosport</i>	FRIDAY	SATURDAY
Mar 22 nd 9 -12		Unlocking thinking 1		Unlocking thinking 2	KEY Access programme Main programme Alcohol Programme Main programme - evening	
1.30-5		Access 7 - Relapse Warning Signs	4 – Relationships	Access 8 – Coping mechanisms		
6 – 8						
Mar 29 th 9 -12		Unlocking thinking 3		Unlocking thinking 4	BANK HOLIDAY	
1.30 -5		Access 9 – Lapse/Relapse	5 – Stress /relaxation	Access 10 – Self Worth		
6-8						
Apr 5 th 9-12	BANK HOLIDAY		Unlocking thinking 5		Unlocking thinking 6	
1.30-5			Access 11 - Strengths	6 - Relapse Prevention	Access 12 - Denial	
6-8						

Apr 12 th 9 – 12		Exploring Relationships 1		Exploring Relationships 2		
1.30 -5		Access 13 – Co-dependency	7 – Denial	Access 14 – Cycle of Change		
6 -8						
Apr 19 th 9 – 12		Exploring Relationships 3		Exploring Relationships 4		
1.30 -5		Access 15 – How Do you feel today?	8 - Cross addiction	Access 16 – Letting Go		
6 -8						
Apr 26 th 9 – 12		Exploring Relationships 5		Exploring Relationships 6		
1.30 -5		Access 17 - Feelings	9 - Taking responsibility	Access 18 – Assertive Rights		
6 -8						
May 3 rd 9 – 12	BANK	Better Communication 1		Better Communication 2		
1.30 -5	HOLIDAY	Access 19 – What is 'Good Health'?	10 - Acceptance and gratitude	Access 20 - Alcohol		
6 -8						
May 10 th 9 – 12		Better communication 3		Better Communication 4		

1.30 -5		Access 21 – Drug use and Offending	11 - Where am I now?	Access 22 - Gratitude		
6 -8						
May 17 th 9 – 12		Changing Behaviour 1		Changing Behaviour 2		
1.30 -5		Access 23 - Acceptance	12 - Where next?	Access 24 – Rights on Arrest Access 24 -		
6 -8						
May 24 th 9 – 12		Changing Behaviour 3		Changing Behaviour 4		
1.30 -5		Access 25 – Miracle Day	1- How do I feel?	Access 26 – Problem Solving & assumptions		
6 -8						
May 31 st 9 – 12	BANK HOLIDAY	Changing Behaviour 5		Changing Behaviour 6		
1.30 -5		Access 27 – Successful Change	2-Self Esteem	Access 28 – Communication- Parent, Adult, Child		
6 -8						

Jun 7 th 9 – 12		Assertiveness 1		Assertiveness 2		
1.30 -5		Access 29 - Judgements	3 - Assertive Communication	Access 30 – HIV & AIDS Awareness		
6 -8						
Jun 14 th 9 – 12		Assertiveness 3		Assertiveness 4		
1.30 -5		Access 31 - Hepatitis	4 – Relationships	Access 32 – What is 'Anger'?		
6 -8						
Jun 21 st 9 – 12		Relapse Prevention 1		Relapse Prevention 2		
1.30 -5		Access 33 – Are you a 'people pleaser'?	5 – Stress /relaxation	Access 34 – Honesty vs. Dishonesty		
6 -8						
Jun 28 th 9 – 12		Relapse Prevention 3		Relapse Prevention 4		
1.30 -5		Access 35 – Addiction is...	6 - Relapse Prevention	Access 36 - Image		
6 -8						
Jul 5 th 9 – 12		Relapse Prevention 5		Relapse Prevention 6		
1.30 -5		Access 37 – Intro to Feelings	7 – Denial	Access 38 - Labelling		

6 -8						
Jul 12 th 9 – 12		Review – Outcome Monitoring Wheel		Self Esteem 1		
1.30 -5		Access 39 - motivation	8 - Cross addiction	Access 40 – General Health		
6 -8						
Jul 19 th 9 – 12		Self Esteem 2		Self Esteem 3		
1.30 -5		Access 41 – Coping Skills - Positive Mental Attitude	9 - Taking responsibility	Access 42 - Problem Solving		
6 -8						
Jul 26 th 9 - 12		Self Esteem 4		Self Esteem 5		
1.30 -5		Access 43 – Introduction to Self-esteem	10 - Acceptance and gratitude	Access 44 – Pros and Cons		
6 -8						
Aug 2 nd 9 – 12		Self Esteem 6		Unlocking thinking 1		

Hampshire Structured Day Service

FAREHAM

1.30 -5		Access 45 – Sleep and Sleeping patterns	11 - Where am I now?	Access 46 – Managing Emotions		
6 -8						
Aug 9 th 9 - 12		Unlocking thinking 2		Unlocking thinking 3		
1.30 - 5		Access 47 - Stress	12 - Where next?	Access 48 – Methadone and the body		
6-8						
Aug 16 th 9 – 12		Unlocking thinking 4		Unlocking thinking 5		
1.30 -5		Review - Outcome Monitoring Wheel	1- How do I feel?	Access 1 –		
6 -8						
Aug 23 rd 9 – 12		Unlocking thinking 6				
1.30 -5			2-Self Esteem			
6 -8						