

W/C Monday	MONDAY <i>The Orion Centre a.m./ Spotlight p.m.</i>	TUESDAY	WEDNESDAY <i>Spotlight Building</i>	THURSDAY	FRIDAY <i>The Orion Centre a.m./ Spotlight p.m.</i>	SATURDAY
Mar 22 nd 9 -12	Self-esteem 4		5 – Stress /relaxation	KEY Access programme Main programme Alcohol Programme Main programme – evening	Self-esteem 5	
1.30-5	Access 7 – Relapse Warning Signs				Access 8 – Coping Mechanisms	
6 – 8	Evening group					
Mar 29 th 9 -12	Self-esteem 6		6 - Relapse Prevention			
1.30 -5	Access 9 – Lapse/Relapse				BANK	
6-8	Evening group				HOLIDAY	
Apr 5 th 9-12			7 - Denial		Unlocking Thinking 1	
1.30-5	BANK				Access 10 – Self Worth	
6-8	HOLIDAY					
Apr 12 th 9 – 12	Unlocking Thinking 2		8 - Cross addiction		Unlocking Thinking 3	
1.30 -5	Access 11 - Strengths				Access 12 - Denial	

6 -8	Evening group					
Apr 19 th 9 – 12	Unlocking Thinking 4		9 - Taking responsibility		Unlocking Thinking 5	
1.30 -5	Access 13 - Co- dependency				Access 14 – Cycle of Change	
6 -8	Evening group					
Apr 26 th 9 – 12	Unlocking Thinking 6		10 - Acceptance and gratitude		Exploring Relationships 1	
1.30 -5	Access 15 – How do you feel today?				Access 16 – Letting Go	
6 -8	Evening group					
May 3 rd 9 – 12			11 - Where am I now?		Exploring Relationships 2	
1.30 -5	BANK				Access 17 - Feelings	
6 -8	HOLIDAY					
May 10 th 9 – 12	Exploring Relationships 3		12 - Where next?		Exploring Relationships 4	
1.30 -5	Access 18 – Assertive Rights				Access 19 – What is 'Good Health'?	
6 -8	Evening group					

May 17 th 9 – 12	Exploring Relationships 5		1- How do I feel?		Exploring Relationships 6	
1.30 -5	Access 20 - Alcohol				Access 21 – Drug use and offending	
6 -8	Evening group					
May 24 th 9 – 12	Better communication 1		2-Self Esteem		Better communication 2	
1.30 -5	Access 22 - Gratitude				Access 23 - Acceptance	
6 -8	Evening group					
May 31 st 9 – 12			3 - Assertive Communication		Better communication 3	
1.30 -5	BANK				Access 24 – Rights on arrest	
6 -8	HOLIDAY					
Jun 7 th 9 – 12	Better communication 4		4 - Relationships		Better communication 5	
1.30 -5	Access 25 – Miracle Day				Access 26 – Problem Solving and Assumptions	
6 -8	Evening group					

Jun 14 th 9 – 12	Better communication 6		5 – Stress /relaxation		Changing Behaviour 1	
1.30 -5	Access 27 – Successful Change				Access 28 – Communication- Parent, Adult or Child	
6 -8	Evening group					
Jun 21 st 9 – 12	Changing Behaviour 2		6 - Relapse Prevention		Changing Behaviour 3	
1.30 -5	Access 29 - Judgements				Access 30 – HIV and AIDS Awareness	
6 -8	Evening group					
Jun 28 th 9 – 12	Changing Behaviour 4		7 - Denial		Changing Behaviour 5	
1.30 -5	Access 31 - Hepatitis				Access 32 – What is anger?	
6 -8	Evening group					
Jul 5 th 9 – 12	Changing Behaviour 6		8 - Cross addiction		Assertiveness 1	
1.30 -5	Access 33 – Are you a people pleaser?				Access 34 – Honesty vs. Dishonesty	

6 -8	Evening group					
Jul 12 th 9 - 12	Assertiveness 2		9 - Taking responsibility		Assertiveness 3	
1.30 -5	Access 35 – Addiction is...				Access 36 - Image	
6 -8	Evening group					
Jul 19 th 9 - 12	Assertiveness 4		10 - Acceptance and gratitude		Relapse Prevention 1	
1.30 -5	Access 37 – Introduction to Feelings				Access 38 - Labelling	
6 -8	Evening group					
Jul 26 th 9 - 12	Relapse Prevention 2		11 - Where am I now?		Relapse Prevention 3	
1.30 -5	Access 39 - Motivation				Access 40 – general health	
6 -8	Evening group					
Aug 2 nd 9 - 12	Relapse Prevention 4		12 - Where next?		Relapse Prevention 5	
1.30 -5	Access 41 – Coping Skills-Positive Mental Attitude				Access 42 – Problem Solving	
6 -8	Evening group					

Aug 9 th 9 - 12	Relapse Prevention 6		1 – How do I feel?		Review - Outcome Monitoring Wheel	
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 1		2-Self Esteem		Self Esteem 2	
1.30 -5	Access 45 – Sleeping and Sleep Patterns				Access 46 – Managing Emotions	
6 -8	Evening group					
Aug 23 rd 9 – 12	Self Esteem 3		3 - Assertive Communication		Self Esteem 4	
1.30 -5	Access 47 - Stress				Access 48 – Methadone and the body	
6 -8	Evening group					
Aug 30 th 9 -12					Self Esteem 5	
1.30 -5	BANK				Access 1 – Costs & Benefits of using	
6 -8	HOLIDAY					