

W/C Monday	MONDAY	TUESDAY <i>Spencer House</i>	WEDNESDAY	THURSDAY <i>Spencer House</i>	FRIDAY <i>Andover (CRI)</i>	SATURDAY
Mar 22 nd 9 -12	KEY Main programme Alcohol Programme Access programme				Relapse Prevention1	
1.30-5				Self Esteem 3	Access 1 – Costs & Benefits of using	
6 – 8						
Mar 29 th 9 -12	Main programme – evening					
1.30 -5		Relapse Prevention 1		Self Esteem 4	BANK	
6-8		Anger Management 1			HOLIDAY	
Apr 5 th 9-12					Relapse Prevention2	
1.30-5	BANK	Relapse Prevention 2		Assertiveness 1	Access 2 – Drugs and Health	
6-8	HOLIDAY	Anger Management 2				
Apr 12 th 9 – 12					Relapse Prevention3	
1.30 -5		Relapse Prevention 3		Assertiveness 2	Access 3 – Relationships	

6 -8		Anger management 3				
Apr 19 th 9 - 12					Relapse Prevention4	
1.30 -5		Relapse Prevention 4		Assertiveness 3	Access 4 – Who is a drug user?	
6 -8		Anger Management 4				
Apr 26 th 9 - 12					Relapse Prevention5	
1.30 -5		Relapse Prevention 5		Assertiveness 4	Access 5 – Drug use. Why do you?	
6 -8		Anger Management 5				
May 3 rd 9 - 12					Relapse Prevention6	
1.30 -5	BANK	Relapse Prevention		Unlocking Thinking 1	Access 6 – Who am I?	
6 -8	HOLIDAY	Anger Management 6				
May 10 th 9 - 12					Unlocking Thinking 1	
1.30 -5		Changing Behaviour 1		Unlocking Thinking 2	Access 8 – Coping Mechanisms	
6 -8		Evening group				
May 17 th 9 - 12					Unlocking Thinking 2	

Hampshire Structured Day Service WINCHESTER

1.30 -5		Changing Behaviour 2		Unlocking Thinking 3	Access 9 – Lapse/Relapse	
6 -8		Evening group				
May 24 th 9 – 12					Unlocking Thinking 3	
1.30 -5		Changing Behaviour 3		Unlocking Thinking 4	Access 10 – Self Worth	
6 -8		Evening group				
May 31 st 9 – 12					Unlocking Thinking 4	
1.30 -5	BANK HOLIDAY	Changing Behaviour 4		Unlocking Thinking 5	Access 11 – Strengths	
6 -8		Evening group				
Jun 7 th 9 – 12					Unlocking Thinking 5	
1.30 -5		Changing Behaviour 5		Unlocking Thinking 6	Access 12 - Denial	
6 -8		Evening group				
Jun 14 th 9 – 12					Unlocking Thinking 6	
1.30 -5		Changing Behaviour 6		Relapse Prevention 1	Review – Outcome Monitoring Wheel	
6 -8		Evening group				

Jun 21 st 9 – 12					Exploring Relationships 1	
1.30 -5		Unlocking Thinking 1		Relapse Prevention 2	Access 13 – Co-dependency	
6 -8		Evening group				
Jun 28 th 9 – 12					Exploring Relationships 2	
1.30 -5		Unlocking Thinking 2		Relapse Prevention 3	Access 14 – Cycle Of Change	
6 -8		Evening group				
Jul 5 th 9 – 12					Exploring Relationships 3	
1.30 -5		Unlocking Thinking 3		Relapse Prevention 4	Access 16 – Letting Go	
6 -8		Evening group				
Jul 12 th 9 – 12					Exploring Relationships 4	
1.30 -5		Unlocking Thinking 4		Relapse Prevention 5	Access 17 - Feelings	
6 -8		Evening group				
Jul 19 th 9 – 12					Exploring Relationships 5	
1.30 -5		Unlocking Thinking 5		Relapse Prevention 6	Access 18 – Assertive Rights	
6 -8		Evening group				

Jul 26 th 9 - 12					Exploring Relationships 6	
1.30 -5		Unlocking Thinking 6		Better communication 1	Access 19 - What is 'Good Health'?	
6 -8		Evening group				
Aug 2 nd 9 - 12					Better communication 1	
1.30 -5		Relapse Prevention 1		Better communication 2	Access 20 - Alcohol	
6 -8		Evening group				
Aug 9 th 9 - 12					Better communication 2	
1.30 - 5		Relapse Prevention 2		Better communication 3	Access 21 – Drug use and offending	
6-8		Evening group				
Aug 16 th 9 - 12					Better communication 3	
1.30 -5		Relapse Prevention 3		Better communication 4	Access 22 - Gratitude	
6 -8		Evening group				

Hampshire Structured Day Service WINCHESTER

Aug 23 rd 9 – 12					Better communication 4	
1.30 -5		Relapse Prevention 4			Access 23 - Acceptance	
6 -8		Evening group				