PRIORY PRIVATE HEALTHCARE

Priory Hospital Roehampton

Addiction treatment programme example timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-09:15	09:00-09:15	09:00-09:15	09:00-09:15	09:00-09:15	08:00-09:00	09:35-09:50
Peer-led check-in	Peer-led check-in	Peer-led check-in	Peer-led check-in	Peer-led check-in	Open gym	Peer-led check-in
10:00-11:15	10:00-11:15	10:00-11:15	10:00-11:15	10:00-11:15	09:35-09:50	10:00-11:15
Drama therapy	Group therapy	Group therapy	Group therapy	Group therapy	Peer-led check-in 10:00-11:15 Group therapy	Group therapy
11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30
Group therapy	Workshop/Step 1	Workshop/Step 1	Workshop/Step 1	Workshop/Step 1	Movement therapy /mindfulness	Workshop/Step 1
12:30-13:30 LUNCH	12:30-13:30 LUNCH	12:30-13:30 LUNCH	12:30-13:30 LUNCH	12:30-13:30 LUNCH	12:30-13:30 LUNCH	12:30-13:30 LUNCH
13:30-14:20	13:30-13:45	13:30-14:30	13:30-14:30	13:15-15:00	13:30-14:30	13:30-17:30
1:1 sessions	1:1 sessions	1:1 sessions	1:1 sessions	1:1 sessions	1:1 sessions	Walk
13:30-14:20	13:30-13:45	13:30-14:30	13:30-14:30	13:15-15:00	13:30-14:30	13:30-17:30
Peer support group	Peer support group	Peer support group	Peer support group	Peer support group	Peer support group	Peer support group
14:30-15:45	14:30-15:45	14:30-15:45	13:15-16:00	14:00-15:30	14:00-15:30	14:30-16:00
Workshop	Workshop	Family programme	Equine assisted psychotherapy	Swimming	AA meeting NA meeting	Open AA meeting
16:00-17:00	16:00-17:00	16:00-17:00	16:00-17:00	15:30-16:30	15:30-16:30	15:30-16:30
Stretch and relaxation	Boxercise	Free time	Group secretary share	Workshop/DVD	Visitors	Visitors
17:15-18:15	17:15-18:15	17:15-18:15	17:15-18:15	17:15-18:15		
Mini group	Mini group	Mini group	Mini group	Mini group		

EVENING SESSIONS

19:00-20:30	20:00-21:30	20:15-21:15	19:30-20:30	19:30-21:00	14:00-15:30	14:30-16:00
CA meeting	1:1 sessions 20:00-21:30 External AA meeting 20:00-21:30 OA meeting	AA meeting	Former patient speaker 19:15-20:30 Aftercare Former patient groups	SLAA meeting 19:30-21:00 External AA meeting	AA meeting 14:00-15:30 NA meeting	Open AA meeting
19:45	19:45	19:45	19:45	19:45	19:45	19:45
Evening reflection meeting – peer-led	Evening reflection meeting – peer-led	Evening reflection meeting – peer-led	Evening reflection meeting – peer-led	Evening reflection meeting – peer-led	Evening reflection meeting – peer-led	Evening reflection meeting – peer-led