Eden House

PRIORY

Priory timetable for: Therapy Programme

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 - 9:30am Peer-led check-in and reflection	**9:15 - 9:30am** Peer-led check-in and reflection	**9:15 - 9:30am** Peer-led check-in and reflection	**9:15 - 09:30am** Peer-led check-in and reflection	**9:15 - 9:30am** Peer-led check-in and reflection	**09:15 - 09:30am** Peer-led check-in and reflection time	**09:30 - 09:45am** Peer-led check-in and reflection time
09:45 - 11:00am Group Process	**09:45 - 11:00am** Group Process	**09:45 - 11:00am** Group Process	**09:45 - 11:00am** Relapse Prevention Planning	**09:45 - 11:00am** Group Process	**09:45 - 11:00** Group Process	**10:30 - 11:30am** Priory AA Meet / Peer led mt
11:30 - 12:30pm Assignment, or Psycho Educational Session	**11:30 - 12:30pm** Assignment or Psycho Educational Session	**11:30 - 12:30pm** Assignment or Psycho Educational Session	**11:30 - 12:30pm** Assignment or Psycho Educational Session	**11:30 - 12.30pm** Group Exposure Work Preparation Fears and Hopes	**11:30 - 12:30pm** Self-Care and Wellbeing	Visitors/Free time.
LUNCH: 12:30 – 1:30pm						**12:30– 2pm**
1:30 - 2:30pm CBT Group session 1	**1:30 - 2:30pm** Understanding Relationships	**1:45 - 3:15pm** Understanding Trauma 1	**1:30 - 2:30pm** Creative Writing	**1:30 - 2:30pm** Group Exposure Work	**2:00 - 3:15pm** OUTING	**2:00 - 3pm** Ex-patient share
2:45 - 4:00pm Assertiveness	**2:45 - 4:00pm** Understanding Addiction	**3:30 - 4:00pm** Understanding Trauma 2	**2:45 - 4:00pm** CBT Group session 2	**2:45 - 4:00pm** Group Exposure Review What worked well	**3:45 - 4:15pm** OUTING	
4:00 - 7:00pm Individual 1:1 Fitness/Free time	**4:00 - 7.00pm** Individual 1:1 Fitness/Free time	**4:00 - 7:00pm** Individual 1:1 Fitness/Free time	**4:00 - 5:00pm** Planning for next week Cooking / shopping rota	**4:00 - 7:00pm** Individual 1:1 Fitness/Free time	**4:15 - 7:30pm** Visitors/Free time	Visitors/Free time
5:30 – 7:00pm	**EVENING MEAL: 5:30 – 7:00pm**					
7:00 - 8:15pm Optional CA Meeting / Peer led	**7:00 - 8:15pm** Optional AA Meeting / Peer led	**7:30 - 8:30pm** Ex-Patient Share / Peer led	**7:00 - 8:15pm** Optional AA Meeting / Peer led	**7:00 - 9:00pm** On-line Fellowship Meeting *Please find meeting as a group or individually	**7:30 - 8:30pm** Free time	**5:00 - 7:30pm** Visitors/Free time
8:15- 10:00pm Leisure and Reflection time	**8:15 - 10:00pm** Leisure and Reflection time	**8:30 - 10:00pm** Leisure & Reflection time	**8:15 - 10:00pm** Leisure and Reflection time	**9:00 - 10:00pm** Leisure and Reflection time	Leisure and Reflection time	Leisure and Reflection time

Last edited – 16 July 2024