

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am	Journals	Journals	Journals C/V 4 self facilitate C/V 1 C/V 5 <i>networking all day</i>	Journals	Men's group Female group	Journals	Journals Big house clean
12.00							
Lunch 12.00/2.00pm				Big house clean (1 hour)		Visits	Walk
2.00pm	C/V 3 C/V 4 C/V 5	C/V 3 C/V 4 C/V 5	C/V 4 written work reflection time C/V 1	C/V 3 C/V 4 C/V 5	C/V 3 C/V 4 C/V 5	Visits	Topic group
3.30pm							
3.45pm	Community	Community	Community	Community	Community		
Tea 5pm/6pm						Community	Community
7pm/8.15pm		Psycho educational group Counseling sessions		Psycho educational group Counseling sessions	Psycho educational group	Psycho educational group	Free time
9pm/10.15pm	Psycho educational group		Psycho educational group		Movie night	Movie night	Free time
Bed time 11.30pm							

C/V 1 Education ***Realisation***

C/V 3 Psych Social ***Processing and Integration***

C/V 4 Choice ***Personal Responsibility***

C/V 5 Relapse Prevention ***Building Resilience***

Psycho educational groups consist of 72 individual topics which rotate 4 times a year

Wednesday and Monday Evenings from 6pm until 9pm residents can leave the facility in groups of two or three after 21 days

Residents are expected to be down in the community by 8am daily and ready for group on a daily basis