

Recovery Point Timetable

January - March 2019

MONDAY Open 11am-5pm	WEDNESDAY Open 11am-5pm	FRIDAY Open 11am-4.30pm
<p style="text-align: center;">11.15-12.45pm Interpersonal Effectiveness Therapy with Patricia</p> <p style="text-align: center;">12-1pm Wellbeing Group with Anca</p>	<p style="text-align: center;">11.30 – 12.30pm Legs, Bums & Tums with Camilla</p>	<p style="text-align: center;">11-12.30pm F.L.Y. (Self-compassion) with Pauline</p> <p style="text-align: center;">12-1pm Healthy Living with Camilla</p>
LUNCH	LUNCH	LUNCH
<p style="text-align: center;">2-3pm Better Decision Making with Anca</p> <p style="text-align: center;">3.30-5pm Behavioural Activation Therapy (BAT) for Depression with Pauline</p> <p style="text-align: center;">2-5pm ICT with Mark</p>	<p style="text-align: center;">2-3pm Managing Anger and Anxiety with Camilla</p> <p style="text-align: center;">2-4pm Walking Group with Wolfgang</p> <p style="text-align: center;">3.15 – 4.15pm Money Matters with Camilla</p> <p style="text-align: center;">2-5pm ICT with Mark</p>	<p style="text-align: center;">2-4pm Art Group with Catherine</p> <p style="text-align: center;">3-4.15pm Compassion Focussed Therapy for Psychosis with Patricia</p> <p style="text-align: center;">2pm-4pm Benefits Advice with Ade (fortnightly, appointment required)</p> <p style="text-align: center;">2-4.30pm ICT with Mark</p>