

	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**