

INCLUSION RECOVERY, ALDERSHOT
3-4 Alexandra Terrace

0300 124 0103, OPTION 1
Out Of Hours 02392 838474

	Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
	AM	AM	AM		AM	AM	AM	AM
	OPEN ACCESS 10.00 – 13.00	OPEN ACCESS 10.00 – 13.00	OPEN ACCESS 10.00 – 13.00			OPEN ACCESS 10.00 – 13.00		OPEN ACCESS 10.00 – 13.00
09.00 – 10.00								
10.00 – 11.00	One Small Step (Women's Group) 10.45am	Therapeutic Group 10am				Breakfast Club 10am		
11.00 – 12.00		Acupuncture 11.30am	Stepping Stones (Drugs) 11am	Stepping Stones (Alcohol) 11am	ACT Group 11:45am	Gateway 11am		
12.00 – 13.00								Community Meeting 4 th Friday of each month 12pm
	PM	PM	PM		PM	PM		PM
	OPEN ACCESS 14.00 – 16.00	OPEN ACCESS 14.00 – 16.00	OPEN ACCESS 14.00 – 16.00		OPEN ACCESS 14.00 – 16.00	OPEN ACCESS 14.00 – 16.00	Duty FPH	APPOINTMENTS ONLY 14.00 – 16.00
13.00 – 14.00	Expressions 1.30pm	IRP Core 1.30pm	IRP Core 1.30pm		IRP Induction 1.30pm	Men's Group 1.30pm		
14.00 – 15.00								
15.00 – 16.00								
16.00 – 17.00								
17.00 – 18.00		Peer Support 5.30pm	SMART Meeting 5.30pm					
18.00 – 19.00								

Open To all

Invite Only

After Assessment

Week starting 30th October

One Small Step (Women's Group) Mon 10.45 -12.45

- Gender specific groups to discuss topics in a relaxed environment and having some fun too.

Expressions Mon 13.30 – 15.30

- A time to explore your creative side with a therapeutic twist.

Therapeutic Group Tues 10.00 – 11.00

- An after-care group for those who are abstinent and no longer on substitute prescriptions.

Acupuncture Tues 11.30 – 12.30

- Auricular acupuncture aids in relaxation and the detox process with a little bit of meditation thrown in.

IRP Core Tues and Wed 13.30 – 15.30

- For those that have completed IRP Induction and want to work, on a deeper level, the psychological issues revolving around recovery.

Peer Support Tues 17.30 – 18.45

- A group to offer support to yourselves and your peers. Concentrating on specific issues and problems as they occur.

Stepping Stones (Alcohol) Wed 11.00 – 12.30

- 6 week programme concentrating on alcohol; specific triggers, harm reduction and mind-set.

Stepping Stones (Drugs) Wed 11.00 – 12.30

- 6 week programme concentrating on non-opiate drugs; specific triggers, harm reduction and mind-set.

SMART Meeting Wed 17:30 - 19:00

- Self – Management and Recovery Training

ACT Group Thurs 11:45 – 13:45

- Acceptance and Commitment Therapy

IRP Induction Thurs 13.30 – 16.00

- 8 week intensive programme to delve into the reasons behind substance misuse and break down the mental barriers that stand in our way.

Gateway Fri 11.00 – 12.00

- 4 week programme to gain some insight into reasons behind substance misuse. Your first step into structured recovery programmes.

Men's Group Fri 13:30 – 15:00

- Gender specific groups to discuss topics in a relaxed environment and having some fun too