

# New Forest Group Timetable

Monday 9-5	Tuesday 9-5	Wednesday 9-7	Thursday 9-5	Friday 9-5	Saturday	Sunday
<b>Totton</b> 'Catch' Office' 47 Rumbridge St	<b>Totton</b> 'Catch' Office 47 Rumbridge St	<b>New Milton</b> Forest Art Centre Old Milton Rd	<b>Ringwood</b> Wesley Centre Christchurch Rd	<b>New Milton</b> Parkland Place Old Milton Rd		
9.30-10.30 Breakfast Club	10.00 – 11.00 Alcohol Group	10.00 – 11.00 Alcohol group	10.00 – 11.00 Alcohol group	9.30-10.30 Breakfast Club		
 inclusion	 inclusion	 inclusion	 inclusion	 inclusion		
	11.30 – 13.00 IRP Induction group	11.30 – 13.00 IRP Induction group	11.30 – 13.00 IRP Induction group	10.00 – 11.00 Acupuncture		
	 inclusion	 inclusion	 inclusion			
	14.00 – 17.00 Recovery activities, please see notice board	14.00 – 17.00 Recovery activities, please see notice board	14.00 – 17.00 Recovery activities, please see notice board			
						
	<b>New Milton</b> Parkland Place	17.00 – 18.30 IRP Core group	<b>Totton</b> 'Catch' Office			
	9.30-10.30 Breakfast Club	 inclusion	9.30-10.30 Breakfast Club			
	 inclusion		 inclusion			