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Monday 9-5	Tuesday 9-8	Wednesday 9-5	Thursday 9-7	Friday 9-5	Saturday 10-4	Sunday closed 10-4
Open access 10-4	Open access 10-4	Open access 10-4	No open access	Open access 10-4	Open access 10-4	10-4
<p>10 -11.30 Meditation &amp; Breakfast Club (Start your week right)</p> 	<p>10.00 - 11.30 Alcohol Group</p> 	<p>10.00 -3.00 Wellbeing Wednesday's</p>  <p>Health MOT's By Appointment</p>		<p>10.00 – 12.00 Inclusion Core Programme (By Referral)</p> 	<p>Saturday Recovery Group 11:00-12:30</p> 	<p>Organised Off Site Activities  (See TV in Open Access for this week's trip)</p>
<p>12.00 – 1.00 Acupuncture</p> 	<p>12.00 – 1.00 Acupuncture</p> 	<p>1.00-3.00 Lunch club</p> 		<p>12.00 – 1.00 Acupuncture</p> 		<p>Mutual Aid Groups</p> 
<p>1.30 – 3.00 Inclusion Induction group</p> 	<p>12.00-2.00 Families Group (By Referral)</p> 	<p>1.30-2.30 (4<sup>th</sup> Wednesday of the month) Community meeting <b>COME AND HAVE YOUR SAY!</b></p>	<p>2-4 Music Group</p> 	<p>2pm – 3pm  Thi Chi</p>		<p>Local attractions</p> 
	<p>Peer Led group 18.15-19.30</p> 	<p>3.00 -4.30 Therapeutic Group  (By Referral)</p> 	<p>5.00 – 7.00 Wellbeing Clinic</p>  <p>Health MOT's By Appointment</p>			<p>Meditation</p> 

# Community Recovery Timetable Eastleigh and surrounding area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Alcoholics Anonymous</p>  <p>20.00 -21.30 All Saints Church Hall Desborough Rd SO50 5NH</p>	<p>Narcotics Anonymous</p>  <p>130 PM The Parish Office, 135 St Mary Street SO14 1NX</p>	<p>Narcotics Anonymous</p>  <p>20.00 Friends Meeting House 16 Colebrook Street Winchester SO23 9LH</p>	<p>Alcoholics Anonymous</p>  <p>19.30 Shirley Baptist Church Shirley SO15 5LG</p>	<p>Alcoholics Anonymous</p>  <p>19.30 Otterbourne Elderfield Main road SO21 2EQ</p>	<p>Cocaine Anonymous</p>  <p>19:30 We Can Recover Friends Meeting, House, 25 Northwood Rd Hilsea, Portsmouth PO2 9QT</p>	<p>Narcotics Anonymous</p>  <p>Serenity Sunday 19.30 The Parish Office 135 St Mary Street SO14 1NX</p>
<p>Narcotics Anonymous</p>  <p>14.00 Salvation Army Booth Centre 57 Oxford Street, Southampton</p>	<p>Alcoholics Anonymous</p>  <p>1930-2030 Holly Cross Church, Eastleigh 53 Leigh rd, SO509DF</p>	<p>Alcoholics Anonymous</p>  <p>19.30 St Andrew's Methodist Church Blenheim Rd Eastleigh SO50 5SD</p>	<p>Narcotics Anonymous</p>  <p>19.45 The Parish Office 135 St Marys Street SO14 1NX</p>	<p>Cocaine Anonymous</p>  <p>New comers meeting 19.30 Quakers Meeting House Ordanance Rd Southampton SO15 2AZ</p>	<p>Alcoholics Anonymous</p>  <p>19.30 Bitterne united Reform Church Bitterne Precinct SO18 5EF</p>	<p>Alcoholics Anonymous</p>  <p>1800 St Edwards Church, Winchester Rd, SO53 2DU</p>
	<p>Cocaine Anonymous</p>  <p>19.30 St. Andrews United Reform Church The Avenue, Southampton SO17 1XO</p>			<p>Narcotics Anonymous</p>  <p>19.30 St Michaels Square 48 Bugle Street Southampton SO14 2AH</p>	<p>Narcotics Anonymous</p>  <p>Serenity Saturday The Parish Office , 135 St Mary Street, Southampton, SO14 1NX</p>	