

**TMH Residential Intensive Day Care & Evening Program Timetable**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8.10am	8.10am Serenity	8.10am Serenity	8.10am Serenity	8.10am Serenity	8.10am Serenity			
8.30am								
9.00am	9am Planning	9am Planning	9am Planning	9am Planning	9am Planning			
9.30am	09.40am COMMUNITY GROUP	9.40am GOALS GROUP	9.40am FEELINGS GROUP					
10.00am				10am ART/ MEDITATION/ POSITIVE PSYCHOLOGY	10am WALK	10am EXPERIENTIAL / CHANTING	10am VIDEO RECOVERY DISCUSSION	
10.40am								
11.00am	11am TOPIC/RECOVERY ESSENTIALS/ED GROUP	11am LECTURE/LIFE STORY	11am ED GROUP	11am STEP GROUP / CHANTING	11.15am			
11.40am					11am EXPERIENTIAL/ CHANTING	11am VIDEO RECOVERY DISCUSSION	START2STOP PROGRAMME	
	12.15pm							
12.00pm	IDC LUNCH		IDC LUNCH	12.15pm EDUCATION & EMPLOYMENT GROUP				
12.30pm		12.30pm Start 2 Sport						
13.00pm	WRITTEN WORK		WRITTEN WORK		IDC LUNCH			
13.30pm								
13.45pm							WRITTEN WORK	
14.00pm	10 min break		10 min break					
14.10pm	PROCESS WRITTEN WORK		PROCESS WRITTEN WORK		10 min break			
14.30pm						PROCESS WRITTEN WORK		
14.40pm								
15.00pm								
15.10pm	Break 10 min		Break 10 min					
15.20pm	WRITTEN REFLECTION		WRITTEN REFLECTION					
15.30pm						10 min break		
15.40pm							WRITTEN REFLECTION	
16.00pm								
16.20pm								
16.40pm								
17.00pm								
18.00pm	AFTERCARE FOR EX CLIENTS	START2STOP PROGRAMME	18.00pm S2S IN HOUSE MEETING	START2STOP PROGRAMME			17.00hrs S2S CHECK IN GROUP	
19.00pm								19.00pm S2S COMMUNITY DINNER
19.30pm								
20.00pm								
21.00pm								

23.00pm – CURFEW every night for all residential clients

S2S Timetable Main 052023