

# The Mews House Residential

## Intensive Day Care & Evening Programme Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.10am	Serenity	Serenity	Serenity	Serenity	Serenity		
09.00am	Planning	Planning	Planning	Planning	Weekend Planning		
09.40am	Community Group	Goals Group	Feelings Group	Alternative sessions, Why am I here group	Alternative sessions, Gender Group		
10.40am	Break	Break	Break	Break	Break		
11.00am	Topic, Recovery Essentials, ED Group	Lecture, workshop Life Story	ED Group, Step Group	Alternative sessions, Why am I here group	Alternative sessions, Gender Group	Start2Stop IOP Programme	
12.00pm	IDC Lunch	Employment Education or Start 2 Sport	IDC Lunch	DBT Group Sessions	IDC Lunch		
13.00pm	IDC Written Assignments		IDC Written Assignments		IDC Written Assignments		
14.00pm	Break		Break	Start2Cook	Break		
14.10pm	Process Assignments		Process Assignments		Process Assignments		
15.00pm	Break		Break		Break		
15.10pm	Written Reflection		Written Reflection		Written Reflection		
16.00pm							
17.00pm							17.00pm S2S CHECK IN GROUP
18.00pm	18.00pm S2S Aftercare Group	Start2Stop IOP Evening Programme	18.00pm S2S IN HOUSE FELLOWSHIP MEETING	Start2Stop IOP Evening Programme	18.00pm S2S IN HOUSE ED FELLOWSHIP MEETING		
19.30pm							
21.00pm							
23.00pm	S2S Curfew 23.00pm						