

**The Mews House Residential
Intensive Day Care & Evening Program 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		IDC Lunch		IDC Lunch		
13.00pm	IDC Written Assignments	Start2Sport 1pm – 3pm	IDC Written Assignments	Start2Cook 1pm – 3pm	IDC Written Assignments		
14.00pm	Break		Break		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	AFTERCARE @ 18.00	Start2Stop IOP Evening Programme		Start2Stop IOP Evening Programme			
19.00pm							19.00pm S2S COMMUNITY DINNER
20.00pm							
21.00pm							
23.00pm	S2S Curfew 23.00pm						

Compulsory for: All Residents Daycare Intensive Daycare (IDC) Evening Programme (IOP) Optional - Start2Sport/Start2Cook

