

## Day Patient Programme – 11<sup>th</sup> September 2017

**Unless otherwise stated Group Sessions will take place in Ely, downstairs Group Room.**

	<b>Monday Mental Health at Work</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9.30 – 10.00	Arrive / Coffee (Key Work Meetings)	Arrive / Coffee (Key Work Meetings)	Arrive / Coffee (Key Work Meetings)	Arrive / Coffee (Key Work Meetings)	Arrive / Coffee (Key Work Meetings)
10.00 – 10.45	Mindfulness Skills Practice Knights Chamber	Mindfulness Skills Practice Knights Chamber	Applying Mindfulness Skills Maple	Mindfulness Skills Practice Knights Chamber	Mindfulness Skills Practice Knights Chamber
11.00 – 12.00	Our Minds at Work	Group Therapy CBT for Relationships	Group Therapy CBT for Relationships	Group Therapy CBT for Relationships	Group Therapy CBT for Relationships
12.15 – 1.15	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1.15 – 2.15	CBT Workshop for Occupational Issues	Assertion Skills	CBT Workshop	Patterns in Depression	CBT Workshop
2.30 – 3.30	CBT Workshop for Occupational Issues	Anger Management	CBT Workshop	Anxiety Management	CBT Workshop
3.30 – 4.15	TEA	TEA	TEA	TEA	TEA
4.15 – 5.00  <b>Or</b> 4.30 – 5.30	Exercise / Yoga Knights Chamber  Alcohol Recovery/Awareness Group Maple	<b>4.15-5.15</b> Drama Knights Chamber <b>Or</b> <b>4.15-5.15</b> <i>Art &amp; Craft</i> Canterbury	Exercise / Yoga Knights Chamber  Alcohol DVD Group Maple	Exercise / Yoga Knights Chamber  Alcohol Awareness/Recovery Group Maple	Exercise / Yoga Knights Chamber

**Tuesday** 7.30 - 9.00pm Alcohol Support Group

**Wednesday** 6.30 - 7.30pm Relatives Support Group