

## Day Programme Timetable – commencing Monday 17<sup>th</sup> April 2023

	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>
09:45-10:00	Arrival time at Deacon Lodge	Arrival time at Deacon Lodge	Arrival time at Deacon Lodge
10:00-11:00	Yoga <i>Knights Chamber</i> <i>(Amanda)</i>	Art Therapy <i>Canterbury</i> <i>(Celia)</i>	Yoga <i>Knights Chamber</i> <i>(Amanda)</i>
11:00-11:15	<b>Break</b>	<b>Break</b>	<b>Break</b>
11:15-12:15	Managing Low Self-Esteem & Assertiveness <i>(Shahara)</i>	Emotional Wellness Skills Group <i>(Michela)</i>	Therapeutic Writing Group <i>(Celia)</i>
12:15-1:15	<b>Lunch</b> (Time for scheduled keyworker reviews)	<b>Lunch</b> (Time for scheduled keyworker reviews)	<b>Lunch</b> (Time for scheduled keyworker reviews)
1:15-2:15	CBT Skills Group <i>(Anita)</i>	Transactional Analysis Group <i>(Beena)</i>	Mood Management <i>(Siobhan)</i>
2:15-2:30	<b>Break</b>	<b>Break</b>	<b>Break</b>
2:30-3:30	Compassionate Mind Group <i>(Toria)</i>	Transactional Analysis Group <i>(Beena)</i>	DBT Skills Group <i>(Anita)</i>
3:30-4:15	<b>Afternoon tea break / key worker reviews</b>	<b>Afternoon tea break / key worker reviews</b>	<b>Afternoon tea break / key worker reviews</b>
4:15-5:00 (optional)	Mindfulness <i>Knights Chamber</i> <i>(Amanda)</i>	Mindfulness <i>Knights Chamber</i> <i>(Ali)</i>	Mindfulness <i>Knights Chamber</i> <i>(Amanda)</i>

\*Groups and group facilitators may be subject to change\*

Please note that all Day Patients should park in the back car park and should enter through the Octagon / Deacon Lodge building entrance.

**You will also have a regular key worker session arranged in advance.**