

Day Programme – September 2022

	Mondays	Tuesday	Thursday
09:45-10:00	Arrival time at Saxons Barn	Arrival time at Saxons Barn	Arrival time at Saxons Barn
10:00-11:00	Managing Low Self-Esteem & Assertiveness Group <i>Facilitated by Shahara Bari</i>	CBT Skills Group <i>Facilitated by Aimee Keith</i>	Therapeutic Writing Group <i>Facilitated by Celia Waterkeyn</i>
11:00-11:15	Break	Break	Break
11:15-12:15	Yoga <i>Facilitated by Sarah Swan</i>	Art Therapy <i>Facilitated by Celia Waterkeyn</i>	Emotional Awareness Group <i>Facilitated by Annie Cygler</i>
12:15-1:15	Lunch (Time for scheduled keyworker reviews)	Lunch (Time for scheduled keyworker reviews)	Lunch (Time for scheduled keyworker reviews)
1:15-2:15	CBT Skills Group <i>Facilitated by Anita Merry</i>	Transactional Analysis Group <i>Facilitated by Beena Bhanu</i>	DBT Skills Group <i>Facilitated by Anita Merry</i>
2:15-2:30	Break	Break	Break
2:30-3:30	DBT Skills Group <i>Facilitated by Phoebe Pearson-Hall</i>	Transactional Analysis Group <i>Facilitated by Beena Bhanu</i>	DBT Skills Group <i>Facilitated by Anita Merry</i>

Groups and group facilitators may be subject to change

Please note that all Day Patients should park in the Saxons Barn car park and will only be permitted to enter the Saxons Barn building or the Octagon.

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