

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-8:00am Bannatynes Gym swimming, yoga, gym, sauna, steam (optional)						
8:00am-9:00am Breakfast					9:30am-10:00am House work skills	10:00am-10:30am House work skills
9:00am-9:30am House work skills					10:00am-10:30am Brunch	11:00am-12:00am Brunch
9:45am-10:00am Community journal and assignment share					10:30am-11:00am Check in round	12:00am-12:30pm Check in round
10:15am-12:00am Transformational speaking	10:15am-12:00am Relapse prevention (Urge management, stimuli control, identifying and coping with high risk situations, lapse control, trigger awareness, abstinence violation effect).	10:15am-12:00am Group focus / Group dynamics	10:15am-12:00am Movement therapy	10:15am-12:00am Drama Therapy	11:00am-1:00pm Food and feelings group	12:00am-2:00pm Family support every other week (optional)
12:00am-1:15pm Lunch					1:00pm-2:00pm Lunch	1:00pm-2:00pm Acceptance commitment therapy (topics include: Working with anger, depression, anxiety, stress management, assertiveness, community citizenship, relationships, beginnings, middles and endings, decision making and financial management)
1:15pm-2:15pm Community development	2:00pm-4:00pm Creative writing	2:00pm-4:00pm Hula hooping / circus skills	2:00pm-4:00pm Art therapy	1:00pm-3:00pm Let's get a life worth living / post treatment group, alternating with body acupuncture 3:20pm-4:50pm Yoga	2:00pm-4:00pm Music therapy	
2:30pm-4:00pm Art therapy						
6:00pm-7:00pm Communal evening meal followed by checking in round and progress and goals review						
Mutual aid meetings, MANUAL and free time. Curfew 9:00pm		7:15pm-9:00pm Chandos out of house SMART meeting	Mutual aid meetings, MANUAL and free time. Curfew 9:00pm			



Timetable

(Subject to change)

- **Free** pre and post day treatment for as long as required.
- All clients expecting to complete our page a day manual and assignments.
- Banatynes Health and Fitness membership for all clients, 5 minutes walk from Chandos.
- Mutual aid meetings: minimum of 2 post detox, maximum of 4 per week.
- 1 SMART (compulsory) + AA, NA, CA, OA, CODA etc.
- Length of stay 6 - 24 weeks. Fees £760 - £2,800 per week.



**Decide
Commit
Act**