

# EDAS DAY TREATMENT POOLE TIME TABLE



EDAS TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>	1:1 Sessions	Emotional Management <b>10.00 – 11.30</b> <hr/> Meditation <b>11.30-12.00</b> <hr/> Reaching Aspirations In Recovery <b>10.00-14.30</b> (Monthly) <a href="#">Enrolment Required</a>	Anxiety (stress) Management. <b>10.00-11.30</b> <hr/> Reaching Aspirations In Recovery <b>10.00-14.30</b> (Monthly) <a href="#">Enrolment Required</a>	Motivational Group <b>11.00-12.00</b> (Last Thursday of month – AA talk) <hr/> Family Focus Poole Children's Centre <b>10.00- 11.30</b>	Women's Group <b>10.30-12.00</b> <hr/> Men's Group. <b>10.30-12.00</b>	
<b>12.30 – 13.00</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
<b>Afternoon</b>	Wellbeing Group <b>13.00-15.00</b> <a href="#">Invitation Only</a> <hr/> Acupuncture Qi Gong Meditation (Starts 26/09/16) <b>13.00-14.15</b>	CBT workshop Relapse Prevention. <b>13.00-15.00</b> <a href="#">Abstinent Group</a>	Induction Meeting <b>13.00-14.00</b>	SMART Recovery <b>13.00-15.00</b> <hr/> Criminal Justice Addiction/Crime <b>13.00-14.30</b>	Draw your Journey <b>13.00-15.00</b>	Family Group Social Life Skills Group. 13:00-17:00 <a href="#">Abstinent Group</a> <a href="#">Invitation only</a>
<b>Evening. 18.00-20.00</b>	Closed	<b>(18.00-20.00pm)</b> 1:1 Sessions <hr/>	<b>(18.00-20.00pm)</b> 1:1 Sessions <hr/> Relapse Prevention Group <b>18.15-19.45</b> <a href="#">Abstinent Group</a>	Closed	Closed	