

# Weekly Therapy and Group Programme

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Reflexology</b> by Appointment</p> <p><b>Gentle Yoga</b> 12 noon – 1pm</p>	<p><b>Cooking</b> Open to all</p> <p><b>Healthy Living</b> 11am—12 noon</p> <p style="text-align: center;"><u>Monthly</u> <b>Flower arranging</b> 1 pm</p> <p><b>Shared Lunch</b> £1.50 or thereabouts</p>	<p><b>Arts &amp; Crafts</b> 10am – 1pm</p>	<p><b>Friendship Group</b> 10am – 1pm</p> <p style="text-align: center;"><u>Monthly</u> <b>Haven Community Advisory Group</b> 11am – 12 noon (first Thursday)</p> <p><b>Life Skills Group</b> 10.30am – 12 noon</p>	<p><b>Gardening Group</b> 10am – 1pm</p> <p style="text-align: center;"><b>Shared Lunch</b> £1.50 or thereabouts</p>

**Daily lunch drop-in 11am—1pm**

<p><b>DBT Skills</b> Closed Therapy Group 2pm – 4pm</p>	<p><b>Friendship Group</b> 1pm – 4pm</p> <p><b>Indian Head Massage</b> by Appointment</p> <p><b>Free Clacton taxi</b> 10am - 4pm (pick up around 8-9am)</p>	<p style="text-align: center;"><u>Monthly</u></p> <p><b>1<sup>st</sup> Creative Writing Group</b> 2.00 pm – 3.30 pm</p> <p><b>2<sup>nd</sup> Addiction Workshop</b> 2 pm—4 pm</p> <p><b>3<sup>rd</sup> Faith Group</b> 2 pm—4 pm</p> <p><b>4<sup>th</sup> Family &amp; Carers Group</b> 2pm – 3.30pm</p>	<p><b>Transitional Recovery Group</b> 2pm – 4pm</p> <p><b>Clacton taxi</b> (£3 return) 10am - 4pm (pick up around 8-9 am)</p>	<p><b>Creative Writing Group</b> 1.30pm – 3pm</p> <p><b>Head &amp; Hand Massage &amp; Trauma Reduction Therapy</b> by Appointment</p> <p style="text-align: center;"><u>Monthly Last Friday</u> <b>Open Day Session</b> 1pm to 3.30pm (clients welcome to help)</p> <p style="text-align: center;"><u>1st of the month</u> <b>KUF Training in Progress</b></p>
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**One-to-ones and counselling by appointment**