

Weekly Therapy and Group Services

Our Therapy and Group services offer a wide range of practical and emotional support in groups and individually. We provide therapeutic and fun activities, Monday to Friday.

Groups are designed to foster a sense of belonging, ownership and mutual support within our community, enabling clients to learn new skills and develop their existing inner resources. Individual support can include assistance with welfare benefits, housing issues, life skills and problem solving.

The Haven Project

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www.thehavenproject.org.uk

The Haven



Weekly Therapy and Group Programme

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

Daily lunch drop-in 11am—1pm

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