

## KENWARD HOUSE SAMPLE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.30	<b>B R E A K F A S T</b>					<b>B R E A K F A S T</b>	
08.30	Residential Responsibilities						
09.00	<b>Morning Reflection – ‘getting my head into the day’</b>						
09.30	<b>Weekly Contract</b> (incl. self-review)	<b>Daily Contract</b> (incl. self-review)			<b>W/end Contract</b> (incl. self-review)	Life Maintenance Skills & Learning to enjoy quiet and solitude	
10.00	<b>Here &amp; Now</b>						
10.30	<b>Attachment &amp; Loss Group</b>	<b>Moving Forward</b>	<b>Relapse Prevention</b>	<b>Relationships in Recovery</b>	<b>Self-defeating Patterns</b>	<b>Families Work</b> or <b>Creative Activities</b>	<b>LEISURE</b>
11.15	<b>TEA BREAK</b>						
11.45	<b>Creative Approaches to Life Skills</b> – addressing relationship issues, emotional literacy, social skills assertiveness and anger awareness						
13.00	<b>L U N C H</b>						
14.00	<b>Occupational, Vocational and Educational Activities</b>					<b>LEISURE</b>	
15.30	<b>TEA BREAK</b>						
16.00	<b>Occupational, Vocational and Educational Activities</b>						
17.00	Counselling: <b>Recovery Log &amp; Peer Mentoring</b> – to include daily review						
19.15	<b>D I N N E R</b>						
20.00	<b>F R E E T I M E</b>						
22.30	<b>Q U I E T T I M E</b>						

Timetable tailored to individual needs.