

NAOMI SAMPLE WEEKLY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
08.45 MEDITATION					
09.00 HANDOVER					
09.15 Here and Now – Group	09.15 Life Skills Group e.g. Assertiveness	09.15 Objective Group 3	09.15 Food Forum	09.15 Feedback and Objectives	
10.15 BREAK		10.15 BREAK	9.45 Objective Group 4		
10.30 Objective Group 1		10.45 BREAK	10.30 Relapse Prevention	11.30 BREAK	10.45 BREAK
11.30 BREAK		11.00 Objective Group 2	11.30 BREAK		11.15 Feedback and Objectives
11.45 Life Skills Group e.g. Parenting		12.15 Step work / Key working	11.45 Step work / Key working		11.45 House Forum Followed by Step work
12.45 BREAK		12.45 BREAK	12.00 BREAK	12.45 BREAK	12.15 Shopping List / Cleaning duties
13.00 L U N C H					
14.00 Creative Therapy Group*	14.00 Eating Disorders	14.00 Leisure	14.00 Co-dependency Group	14.00 Here and Now Group	
15.30 BREAK	15.00 Bereavement and Loss		15.00 Creative Therapy Group	15.00 BREAK	
15.45 Step work Key working	16.00 Here and Now Group		16.00 Here and Now Group	15.15 Step work Key working Shopping for w/end	
17.00 Medication	17.00 Medication		17.00 Medication	16.45 Medication	
17.15 Relaxation, TV Assignments, AA and NA	17.15 Relaxation, TV Assignments, AA and NA	17.15 Relaxation, TV Assignments, AA and NA	17.15 Relaxation, TV Assignments, AA and NA	17.00 Relaxation, TV, Assignments, AA and NA	

* eg art therapy, music therapy or movement therapy