

# 2023 Relapse Prevention Programme Schedule

Delivered by Hattie Stacey & Taylor Humberstone



## Topics (to be discussed on a rolling basis)

1. Building on Change in Recovery
2. Rest & Relaxation (Stress reduction)
3. Managing & Overcoming Difficult Emotions
4. Managing Cravings & Introducing Choice
5. 5 Ways to Wellbeing

### Week 1 – Commencing 18<sup>th</sup> September – Building On Change in Recovery

Times	Monday – 18 <sup>th</sup> September	Tuesday – 19 <sup>th</sup> September	Wednesday – 20 <sup>th</sup> September	Thursday – 21 <sup>st</sup> September	Friday – 22 <sup>nd</sup> September
<u>Afternoon session:</u> 12:30pm– 1:30pm	OFF	Building On Change in Recovery (with lived experience)	Building On Change in Recovery	OFF	OFF
<u>Evening session:</u> 6 – 7pm		<b>AFTERNOON</b>	<b>EVENING</b>		

### Week 2 – Commencing 25<sup>th</sup> September – Rest & Relaxation (Stress Reduction)

Times	Monday – 25 <sup>th</sup> September	Tuesday – 26 <sup>th</sup> September	Wednesday – 27 <sup>th</sup> September	Thursday – 28 <sup>th</sup> September	Friday – 29 <sup>th</sup> September
<u>Afternoon session:</u> 12:30pm– 1:30pm	OFF (Bank Holiday)	Rest & Relaxation (by Taylor)	Rest & Relaxation	OFF	OFF
<u>Evening session:</u> 6 – 7pm		<b>AFTERNOON</b>	<b>EVENING</b>		

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**Week 3 – Commencing 2<sup>nd</sup> October – Managing Cravings & Introducing Choice**

Times	Monday – 2 <sup>nd</sup> October	Tuesday – 3 <sup>rd</sup> October	Wednesday – 4 <sup>th</sup> October	Thursday – 5 <sup>th</sup> October	Friday – 6 <sup>th</sup> October
<u>Afternoon session:</u> 12:30pm– 1:30pm  <u>Evening session:</u> 6 – 7pm	OFF	Managing Cravings & Introducing Choice  <b>AFTERNOON</b>	Managing Cravings & Introducing Choice  <b>EVENING</b>	OFF	OFF

**Week 4 – Commencing 9<sup>th</sup> October – 5 Ways to Wellbeing**

Times	Monday – 9 <sup>th</sup> October	Tuesday – 10 <sup>th</sup> October	Wednesday – 11 <sup>th</sup> October	Thursday – 12 <sup>th</sup> October	Friday – 13 <sup>th</sup> October
<u>Afternoon session:</u> 12:30pm– 1:30pm  <u>Evening session:</u> 6 – 7pm	OFF	5 Ways to Wellbeing  <b>AFTERNOON</b>	5 Ways to Wellbeing  <b>EVENING</b>	OFF	OFF