

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 13th November – Rest & Relaxation (stress reduction)

| Times | Monday – 13 th November | Tuesday – 14 th November | Wednesday – 15 th November | Thursday – 16 th November | Friday – 17 th November |
|---|--|---|---|--|--|
| <u>Afternoon session:</u> 12:30pm– 1:30pm | OFF | Rest & Relaxation | Rest & Relaxation | OFF | OFF |
| <u>Evening session:</u> 6 – 7pm | | AFTERNOON | EVENING | | |

Week 2 – Commencing 20th November – Managing & Overcoming Difficult Emotions

| Times | Monday – 20 th November | Tuesday – 21 st November | Wednesday – 22 nd November | Thursday – 23 rd November | Friday – 24 th November |
|---|--|---|---|--|--|
| <u>Afternoon session:</u> 12:30pm– 1:30pm | OFF | Managing & Overcoming Difficult Emotions | Managing & Overcoming Difficult Emotions | OFF | OFF |
| <u>Evening session:</u> 6 – 7pm | | AFTERNOON | EVENING | | |

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Week 3 – Commencing 27th November – Managing Cravings & Introducing Choice

| Times | Monday – 27 th November | Tuesday – 28 th November | Wednesday – 29 th November | Thursday – 30 th November | Friday – 1 st December |
|--|--|--|--|--|---|
| <u>Afternoon session:</u> 12:30pm– 1:30pm <u>Evening session:</u> 6 – 7pm | OFF | Managing Cravings & Introducing Choice AFTERNOON | Managing Cravings & Introducing Choice EVENING | OFF | OFF |

Week 4 – Commencing 4th December – 5 Ways to Wellbeing

| Times | Monday – 4 th December | Tuesday – 5 th December | Wednesday – 6 th December | Thursday – 7 th December | Friday – 8 th December |
|--|---|---|--|---|---|
| <u>Afternoon session:</u> 12:30pm– 1:30pm <u>Evening session:</u> 6 – 7pm | OFF | 5 Ways to Wellbeing AFTERNOON | 5 Ways to Wellbeing EVENING | OFF | OFF |