



jkp WEEKLY PROGRAMME

Napier House, 17-21 Napier Road, Luton LU1 1RF
Telephone: 01582 723434



PLEASE NOTE THIS PROGRAMME MAY BE SUBJECT TO CHANGE

DAY	OPEN HOUSE TIMES	GROUP/ACTIVITY	TIME
MONDAY	10.00am-4.00pm	Alcohol Awareness (4 week programme)	2.00pm-3.30pm
TUESDAY	2.00pm-7.00pm	Self Management Group (6 week programme) AIMS Group (once a month)	4.00pm-5.30pm 6.00pm-7.00pm
WEDNESDAY	10.00am-1.00pm Ladies Only 1.30pm-4.00pm All Welcome	Women's Group Arts and Crafts	11.00am-1.00pm 2.00pm-4.00pm
THURSDAY	1.00pm-8.00pm	One Step Group (2 week programme) SRP (10 week programme)	5.30pm-7.00pm 6.00pm-7.30pm
FRIDAY	10.00am-4.00pm	-	-

Also offering:

Counselling
Aromatherapy
Computer Facilities

Please speak to a member of staff if you are interested in any group

Alcohol Awareness

AIMS Group

One Step Group

Self Management Group

SRP

Women's Group

alcohol information sessions

discussing various issues (not necessarily based on alcohol) to help clients focus on their goals of maintaining abstinence

exploring how the misuse of alcohol can lead to offending behaviour

building up self-esteem and confidence

supporting client to maintain their personal goals and recognising

potential trigger which may cause lapsing and relapsing

guest speaker/creative skills