

DAY CARE PROGRAMME: jkp, 26-30 John Street, Luton 01582 723434
PLEASE NOTE THIS PROGRAMME IS SUBJECT TO CHANGE

DAY	OPEN HOUSE TIMES	GROUP/ACTIVITY	TIME
MONDAY	11.30-4.00 No IT Tutor	** Alcohol Awareness (3 week programme)	2.00-3.30
TUESDAY	12.30-7.00 IT Tutor 12.30-7.30	AIMS group (once a month) Self Management Group (six week programme)	5.30-6.30 4.00-5.00
WEDNESDAY	10.00-1.30 Ladies Only 1.30-4.00 ALL Welcome IT Tutor 10.00-4.00	Women Group Video Afternoon	11.45-1.30 2.00-4.00
THURSDAY	12.30-8.00 IT Tutor 12.30-5.30	Literacy Class SRP One Step Group (2 week programme)	3.00-4.00 6.00-7.30 5.30-7.00
FRIDAY	10.00-1.00 IT Tutor 10.00-1.00	Games Group	11.00-12.30

Also offering:

- Ø Counselling
- Ø Aromatherapy

Please speak to a member of staff if interested in any programmes

KEY

- Alcohol Awareness..... alcohol information sessions.
 AIMS Group..... discussing various issues (not necessarily based on alcohol) to help client focus on their goals of maintaining abstinence.
 One Step Group..... exploring how the misuse of alcohol can lead to offending behaviour.
 Self Management Group..... building up self-esteem and confidence.
 SRP..... supporting client to maintain their personal goals and recognising potential trigger which may cause lapsing and relapsing.
 Women Group..... guest speaker/creative skills.