

Cape Timetable 2018 – starts Jan 22

MONDAY
11-5pm
(Patricia in
Recovery Centre)

11-12 noon
News /Views
with Patricia

12-1pm
Self-compassion
Workshop
with Patricia

LUNCH

2-3pm
Developing Resilience
with Joe

3.30-4.30pm
Mindfulness
with Joe

2-5pm
ICT
with Mark

WEDNESDAY
11-5pm
(Joe in
Recovery Centre)

11-12 noon
Sing Yourself Happy
with Joe

12-1pm
Wellbeing Group
with Anca

LUNCH

2-3pm
Recovery Group
with Pauline

2-4pm
Walking Group
with Wolfgang

3.15-4.15pm
Book Group
with Pauline

2-5pm
ICT
with Mark

THURSDAY
(Invitation-
only access to
DMP/ BAT
groups)

2-3pm
Dance
Movement
Psychotherapy
with
Katherine
(by invitation
only)

3.30-5pm
Behavioural
Activation
Therapy
with Pauline
(by invitation
only)

FRIDAY
11-4.30pm
(Pauline in
Recovery Centre)

12-1pm
Health Living
with Pauline

12.15-1pm
Guided Meditation

LUNCH

2-3pm
Hearing Voices
with Patricia
(by invitation only)

2.30-4pm
Art Group
with Catherine

2.30-3.30pm
Creative Writing
with Julianna

2-4.30pm
ICT
with Mark