

Recovery Steps Timetable WC 20.09.21

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|---|
| 10:00am – 11:30am First Steps TODMORDEN | 10:30am – 12:00pm Freedom Programme Active Recovery HALIFAX | | 10:30am – 12:00pm Freedom Programme Active Recovery HALIFAX | | 10:30am – 11:30am Here & Now HALIFAX |
| 12:00pm – 1:00pm SMART TODMORDEN | | 11:30am – 12:30pm Here & Now TODMORDEN | | | |
| 12:00pm – 1:00pm Here & Now HALIFAX | 12:00pm – 1:00pm Here & Now HALIFAX | 12:00pm – 1:30pm First Steps HALIFAX | 12:00pm – 1:00pm Here & Now HALIFAX | 12:00pm – 1:00pm Here & Now HALIFAX | |
| 1:30pm – 2:30pm Here & Now TODMORDEN | 1:30pm – 3:00pm Freedom Programme Recovery Basics HALIFAX | 1:30pm – 2:30pm SMART HALIFAX | 1:30pm – 3:00pm Freedom Programme Recovery Basics HALIFAX | 2:00pm – 3:00pm SMART HALIFAX | Sunday |
| | | 3:00pm – 4:30pm Resilience HALIFAX | 4:00pm – 5:00pm SMART HALIFAX | | |
| CHOICES sessions run throughout the week via telephone. | | | | | |

For more information, please contact a member of The Basement Recovery Project team - 01422 383063

Online support continues via Zoom through Mutual Aid. See the AA, NA, CA and SMART Recovery websites for details.

Join the CiR community FB Group to find social activities and to connect with others: <https://www.facebook.com/groups/CalderdaleinRecovery>