

Dewsbury Timetable WC 20.09.21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15am – 11:45am SMART UNION HOUSE	10:30am – 12:00pm Freedom Programme Recovery Basics UNION HOUSE	10:30am – 12:00pm Freedom Programme Active Recovery UNION HOUSE		10:30am – 11:30am Here & Now UNION HOUSE	
12:30pm – 2:00pm First Steps UNION HOUSE	12:30pm – 2:00pm Freedom Programme Active Recovery UNION HOUSE	12:30pm – 2:00pm Freedom Programme Recovery Basics UNION HOUSE		12:30pm – 2:00pm Friday Social UNION HOUSE	
	2:30pm – 3:30pm Here & Now UNION HOUSE	3:00pm – 4:00pm Here & Now UNION HOUSE		2:30pm – 3:30pm Resilience UNION HOUSE	
					Sunday
CHOICES sessions run throughout the week via telephone.					

For more information, please contact a member of TBRP - 01484 512363/01924 454167 or CHART - 01484 353333/01924 438383

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

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