

Huddersfield Timetable WC 18.10.21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am – 12:00pm Freedom Programme Active Recovery UNION BANK	11:00am – 12:00pm Here & Now UNION BANK	9:30am – 10:30am Process RESIDENTS ONLY		10:30am – 12:00pm Freedom Programme Recovery Basics UNION BANK	10:30am – 11:30am Here & Now UNION BANK
12:30pm – 2:00pm Freedom Programme Recovery Basics UNION BANK	12:30pm – 2:00pm Resilience UNION BANK		12:30pm – 2:00pm First Steps UNION BANK	12:30pm – 2:00pm Freedom Programme Active Recovery UNION BANK	
	2:30pm – 3:30pm SMART UNION BANK		2:30pm – 3:30pm Here & Now UNION BANK	2:00pm – 4:00pm Friday Social UNION BANK	
3:00pm – 4:00pm Here & Now UNION BANK				3:30pm – 5:00pm SMART UNION BANK	
CHOICES sessions run throughout the week via telephone. Face to face mutual aid meetings can be found on a separate timetable.					Sunday

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>