

Western Counselling Timetable – Primary Care

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
07:00 - 07:30	Get Up	Get Up	Get Up	Get Up	Get Up
08:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:45 - 08:50	Walk to Centre	Walk to Centre	Walk to Centre	Walk to Centre	Walk to Centre
09:00 - 09:20	Medication	Medication	Medication	Medication	Medication
09:00 - 09:30	Morning Readings	Morning Readings	Morning Readings	Morning Readings	Morning Readings
09:30 - 10:30	Unmanageability Group	Men's / Women's Therapy Group	Change of Objectives	Therapy Group	Men's / Women's Therapy Group
10:30 - 11:00	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK
11:00 - 11:30	Thoughts and Feelings	Thoughts and Feelings	Thoughts and Feelings	Thoughts and Feelings	Thoughts and Feelings
11:45 - 12:30	Mini Groups / 1:1's / Assignments / Shops / Sandwiches	Mini Groups / 1:1's / Assignments / Shops / Sandwiches	Mini Groups / 1:1's / Assignments / Shops / Sandwiches	Literacy Workshop / Mini Groups / 1:1's / Assignments / Shops / Sandwiches	Mini Groups / 1:1's / Assignments / Shops / Sandwiches
12:30 - 13:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
13:00 - 14:00	Share	Workshop	Workshop	Relapse Prevention	Alternative Therapies
14:00 - 14:30	COFFEE BREAK / 1:1	COFFEE BREAK / 1:1	COFFEE BREAK / 1:1	COFFEE BREAK / 1:1	COFFEE BREAK / 1:1
14:30 - 15:30	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy
15:30 - 16:45	Medication / 1:1's / Therapeutic Duties	Medication / 1:1's / Therapeutic Duties	Medication / 1:1's / Therapeutic Duties	Medication / 1:1's / Therapeutic Duties	Medication / 1:1's / Therapeutic Duties
17:00	Return to Accommodation	Return to Accommodation	Return to Accommodation	Return to Accommodation	Return to Accommodation
17:30	DINNER	DINNER	DINNER	DINNER	DINNER
18:00	Reading & Writing Assignments	Reading & Writing Assignments	Reading & Writing Assignments	Reading & Writing Assignments	Reading & Writing Assignments
20:00 - 22:30	Leisure Time / Television	Leisure Time / Television	Leisure Time / Television	Leisure Time / Television	Leisure Time / Television
22:00	Medication	Medication	Medication	Medication	Medication
22:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Saturday	07:00 - 07:30	08:15	08:45	09:00	09:30	10:45 - 11:45	12:00 - 13:00	13:00	14:00 - 22:30
	Get Up	Breakfast	Walk to Centre	Medication	Group Therapy	1:1's / Mini Groups / Assignments / Therapeutic Duties	Return to Accommodation	LUNCH	Leisure & Recreation

Sunday	08:00	09:00	09:15	09:30	10:30 - 13:00			13:00	14:00 - 22:30
	Get Up	Breakfast	Readings	Therapeutic Duties	Church (optional) / Assignments, Leisure			LUNCH	Leisure & Recreation