

Pavilions Group Work Schedule

v6

	GROUP	DESCRIPTION	TIME	ROOM
MON	 Speak Easy	<i>Unstructured check in group</i>	9:30am - 11am	Richmond House - Group room 2
	 ACT Group	<i>Acceptance & Commitment Therapy</i>	10am - 11:30am	9 The Drive - Community room
	 Forward (closed group)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1
	 Mindfulness Meditation	<i>Drop in mindfulness session</i>	12:30pm - 1:30pm	9 The Drive - Community room
	 C.A Meeting (open to all)	<i>Cocaine anonymous meeting</i>	1:45pm - 2:45pm	Richmond House - Group room 1
	 Creative group	<i>Quiet space to be creative - open to all</i>	1:30pm - 3:00pm	9 The Drive - Training room
TUE	 Forward (closed)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1
	 A.A Meeting (Intro)	<i>Alcohol anonymous meeting</i>	12:30pm - 1:30pm	9 The Drive - Group room
	 Speak Easy	<i>Unstructured check in group</i>	10am - 12pm	9 The Drive - Community room
WED	 Speak Easy	<i>Unstructured check in group</i>	9:30am - 11am	Richmond House - Group room 2
	 Forward (closed)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1
	 SUG@RH	<i>Service user forum</i>	11:15am - 12:15pm	Richmond House - Group room 2
	 D.A.A Meeting	<i>Drug addicts anonymous meeting</i>	12:30pm - 1:30pm	Richmond House
	 Ear Acupuncture	<i>Reduces cravings and emotional symptoms</i>	12:15pm - 1:15pm	Oasis Project (Women Only)
	 Rethink (closed group)	<i>For those involved with criminal justice system</i>	2pm - 4pm	Richmond House - Group room 1
THUR	 Forward (closed group)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1
	 SMART Group	<i>Mutual aid group</i>	12:45pm - 2:15pm	Oasis Project (Women Only)
	 Speak Easy	<i>Unstructured check in group</i>	6pm - 7.30pm	Cascade Creative Recovery Cafe
	 Creative Writing	<i>Creative reading and writing book group</i>	5.30pm - 7pm	Richmond House - Group room 2
	 Ear Acupuncture	<i>Reduces cravings and emotional symptoms</i>	12:30pm - 3pm	Richmond House - Group room 2
	 SMART Group	<i>Mutual aid group</i>	3:15pm - 4:45pm	Richmond House - Group room 2
	 Speak Easy	<i>Unstructured check in group</i>	10am - 12pm	9 The Drive - Community room
 Employment Support	<i>IPS service Drop-in</i>	10am - 12pm	Richmond House - Group room 2	
FRI	 Speak Easy	<i>Unstructured check in group</i>	9:30am - 11am	Richmond House - Group room 2
	 Forward (closed group)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1
	 N.A Meeting	<i>Narcotics anonymous meeting</i>	1:30pm - 3pm	Richmond House - Group room 1
	 SMART Recovery	<i>Mutual aid meeting</i>	3pm - 4:30pm	9 The Drive - Community room
SAT	 Speak Easy	<i>Unstructured check in group</i>	10:30am - 12pm	Richmond House

LOCATION

 **Richmond House**
Richmond Road
Brighton
BN2 3RL
01273 731900

 **9 The Drive**
Hove
BN3 3JE
01273 680714

 **Oasis Project**
11 Richmond Place
Brighton
BN2 9NA
01273 696970
(Women only service)

 **Cascade Cafe**
24 Baker Street
Brighton
BN1 4JN
07477 051354



Useful Contacts

AA: www.alcoholics-anonymous.org.uk
Helpline: 08457697555

CA: www.cauk.org.uk/meetings/wtf.asp
Helpline: 0800 612 0225 or 1112285 from mobiles.

SMART Recovery: www.smartrecovery.org.uk

NA: www.ukna.org.uk
Helpline: 0300 999 1212

MA: www.marijuana-anonymous.org.uk
Helpline: 07940 503 438

DAA: www.drugaddictsanonymous.org.uk
Helpline: 0300 030 3000

Cascade Coffee Shop: 24 Baker St, Brighton BN1
4JN, Open Tuesday - Sunday
Helpline: 07477 051354

LOCATION

