

# Pavilions Group Work 24.1.18



We offer a variety of groups, come along and see what works for you!

Groups are open to **anyone** accessing Pavilions services unless otherwise stated.

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

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

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

**Pavilions Recovery Groups**   **Peer support**   **Holistic therapies**   **Service user forum**

	What's On?	When?	Where?
<b>Monday</b>	<p><b>Speak Easy</b></p> <p><b>ACT Group</b></p> <p><b>Forward (alcohol detox)</b></p> <p><b>LGBTQ Peer Support</b> </p> <p><b>Mindfulness Meditation Drop In</b></p> <p><b>C.A Meeting (open to all)</b></p> <p><b>Springboard</b></p>	<p>9:30am-11am</p> <p>10am-11:30am</p> <p>10am-12pm</p> <p>12pm – 1:30pm</p> <p>12:30pm-1:30pm</p> <p>1:45pm-2:45pm</p> <p>2pm-3:30pm</p>	<p>RH - Group room 2</p> <p>9 TD - Community room</p> <p>RH - Group room 1</p> <p>9 TD - Community room</p> <p>RH - Group room 1</p> <p>RH - Group room 1</p> <p>9TD - Community room</p>
<b>Tuesday</b>	<p><b>Forward (alcohol detox)</b></p> <p><b>A.A Meeting</b></p> <p><b>Springboard</b></p>	<p>10am-12pm</p> <p>12:30pm-1:30pm</p> <p>2pm-3:30pm</p>	<p>RH - Group room 1</p> <p>RH</p> <p>9TD - Community room</p>
<b>Wednesday</b>	<p><b>Speak Easy</b></p> <p><b>Forward (alcohol detox)</b></p> <p><b>SUG@RH</b></p> <p><b>D.A.A Meeting</b></p> <p><b>Ear Acupuncture</b></p> <p><b>Ear Acupuncture</b></p> <p><b>Rethink (closed group)</b></p> <p><b>SMART Recovery</b></p>	<p>9:30am-11am</p> <p>10am-12pm</p> <p>11:15-12:15</p> <p>12:30pm-1:30pm</p> <p>12:15pm-1:15pm</p> <p>1pm-3pm</p> <p>2pm-4pm</p> <p>3:15pm-4:45pm</p>	<p>RH - Group room 2</p> <p>RH - Group room 1</p> <p>RH - Group room 2</p> <p>RH</p> <p>Oasis (Women Only)</p> <p>RH - Group room 2</p> <p>RH - Group room 1</p> <p>RH - Group room 2 (Open Group)</p>
<b>Thursday</b>	<p><b>Forward (alcohol detox)</b></p> <p><b>SMART Group</b></p> <p><b>Springboard</b></p> <p><b>Speak Easy</b></p> <p><b>Creative Reading &amp; Writing</b></p>	<p>10am-12pm</p> <p>12:45-2pm</p> <p>2pm-3:30pm</p> <p>6pm-7.30pm</p> <p>5.30pm-7pm</p>	<p>RH - Group room 1</p> <p>Oasis (Women Only)</p> <p>9TD - Community room</p> <p>Cascade Creative Recovery</p> <p>RH - Group room 2</p>
<b>Friday</b>	<p><b>Speak Easy</b></p> <p><b>Forward (alcohol detox)</b></p> <p><b>Springboard</b></p> <p><b>N.A Meeting</b></p> <p><b>Women's Health Drop-in</b></p> <p><b>SMART Recovery</b></p>	<p>9:30am-11am</p> <p>10am-12pm</p> <p>1pm-2:30pm</p> <p>1:30pm-2:30pm</p> <p>2:30pm-4:30pm</p> <p>3pm-4:30pm</p>	<p>RH - Group room 2</p> <p>RH - Group room 1</p> <p>9TD - Community room</p> <p>RH – Group room 1</p> <p>Oasis (Women Only)</p> <p>9TD - Community room (Open Group)</p>
<b>Saturday</b>	<p><b>Speak Easy</b></p>	<p>10:30am-12pm</p>	<p>RH</p>

## Useful Contacts

**AA:** [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Helpline: 0845 769 7555

**CA:** [www.cauk.org.uk/Meetings/wtf.asp](http://www.cauk.org.uk/Meetings/wtf.asp)

Helpline: 0800 612 0225 or 0300 111 2285 from mobiles

**SMART Recovery:** [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

**NA:** [www.ukna.org/meetings-search](http://www.ukna.org/meetings-search)

Helpline: 0300 999 1212

**MA:** [www.marijuana-anonymous.org.uk/meetings.html](http://www.marijuana-anonymous.org.uk/meetings.html)

Helpline: 07940 503 438

**DAA:** [www.drugaddictsanonymous.org.uk/daa-meeting](http://www.drugaddictsanonymous.org.uk/daa-meeting)

Helpline: 0300 030 3000

4JN open Tuesday - Sunday 07477 051354

**Samaritans:** [www.samaritans.org](http://www.samaritans.org)

Helpline: 116 123

**Mental Health Rapid Response Service:** 0300 304 0078