

All meetings can be loaded via Zoom with the meeting ID **867 2559 3863**; all meetings are password-protected - call us on 01642 351976 or contact your key worker to access. *Contact your key worker to access ID and password for any meetings red.*

## MONDAY

**9:15 - 10:15:** Coffee and Catch up  
**10:30 - 12:00:** Recovery & Wellness  
**12:15 - 13:00:** The Step Forward  
**13:15 - 14:15:** Coffee Group  
**14:30 - 16:00:** SMART Meeting  
**18:00 - 19:00:** Recovery Meeting

## TUESDAY

**9:15 - 10:15:** Coffee and Catch up  
**10:30 - 12:00:** FRIENDS Resilience  
**12:15 - 13:45:** Family Support

## WEDNESDAY

**9:15 - 10:15:** Coffee and Catch up  
**10:30 - 12:00:** Recovery & Wellness  
**12:15 - 13:00:** The Step Forward  
**13:00 - 15:00:** Fallen Angels Dance Theatre  
**15:30 - 16:30:** TED Talks Discussion  
**18:00 - 19:00:** SMART Meeting

## THURSDAY

**9:15 - 10:15:** Coffee and Catch up  
**11:00 - 12:30:** Tyne & Wear Archives and  
Museums Project

## FRIDAY

**9:15 - 10:15:** Coffee and Catch up  
**10:30 - 12:00:** Recovery & Wellness  
**12:15 - 13:00:** The Step Forward  
**13:15 - 14:15:** 15 Minute Meals Cook-a-long  
**14:30 - 16:00:** SMART Meeting  
**18:00 - 19:00:** Weekend check out

## SATURDAY

**10:00 - 11:00:** Coffee and Check-in

## SUNDAY

**10:00 - 11:00:** Coffee and Check-in

Coffee and Catch up	A relaxed virtual space to be able to get together and chat with peers about recovery or any other topic
Recovery and Wellness	A 12 week programme, covering many topics in three key areas, spiritual principles and values, the brain and the mind and growth and the community.
The Step Forward Programme	A programme to find out more about the quasi-residential rehab
Coffee Group	A relaxed virtual space to be able to get together and chat with peers about recovery or any other topic.
SMART	Self-Management and Recovery Training. A behavioural based programme looking at four key areas, building and maintaining motivation, coping with urges, managing thoughts feelings and behaviours and living a balanced life.
Recovery Meeting	A recovery focused meeting not specific to 12 steps or SMART but being able to utilise many other available tools to help support people on their recovery journey.
FRIENDS Resilience	A programme based around building emotional resilience and creating new positive coping skills.
Family Support	A group specifically for family members or loved ones of someone affected by substance use disorder to learn skills and look at their own emotional wellbeing.
Fallen Angels Dance Theatre	A new and exciting opportunity to work with Fallen Angels Dance Theatre (FADT) who exist to support those in recovery from addiction to transform their lives, and to share the recovery journey with the wider public, through dance, performance and creativity.
TED Talks discussion	Topic based discussions led by watching a TED talks discussion and how it related to us as people in recovery.
Tyne and Wear Archives and Museums	We have a new and exciting opportunity to work with Tyne and Wear Archives and Museums on an 'Unlocking our sound heritage project', this will be a 6 week project working alongside an artist to create a piece of work which is led by the people attending the group. If you think you may be interested, please speak to your key worker who will give you the details for the taster session taking place on 05th November 2020'.
15 Minute Meals	Get the recipe list on a Monday from facebook or your worker and then cook along with Emma to make simple, cost effective meals in 15 minutes.
Weekend Check out	Come together to plan your weekend and discuss any issues you may be faced with to try and resolve these before the weekend starts.