

Offsite group. Speak to the team for more details.	Onsite meetings at 26 Coniscliffe Road ran by Recovery Connections		Invitation only groups
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Monday	Tuesday	Wednesday	Thursday	Friday
SMART 10:00 - 11:30	Recovery and Wellness 10:00 - 11:30	Recovery and Wellness 10:00 - 11:30	Recovery and Wellness 10:00 - 11:30	Weekend Check Out 10:00 - 11:00
IPS Drop in 11:30 - 12:30 Dolphin Centre	Walking Group 12:30-14:00 Meet and return to Coniscliffe Road building	FRIENDS Resilience 12:30 - 14:30	IPS Drop in 11:30 - 12:30 Dolphin Centre	Women's group 11:00 - 12:30
Men's Group 12:30 - 14:30			SMART 12:30 - 14:00	Cooking Group 13:15 - 15:00 AT ROOTS
			Allotment 14:00 - 16:00	Late Weekend Checkout 15.15-16.15

Timetable information:

SMART Recovery - *Self-Management and Recovery Training. A science behavioural based 4 point programme which focuses on discussion and self empowering skills to help build and maintain motivation, cope with urges, managing thoughts, feelings & behaviours.*

Mens' Group - *Have a say in what this looks like, come and join in a men's only group where the activities we do or the conversation is led by those attending*

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.*

Walking Group - *Join the recovery community for a relaxing walk whilst we discuss tips and tools for our recovery journey's.*

Weekend Check Out - *A chance to review your week and plan your weekend in a safe and friendly environment.*

Women's Group - *Have a say in what this looks like, come and join in a women's only group where the activities we do or the conversation is led by those attending.*

Cooking Group - *Community coming together in order to share ideas whilst creating a cookbook, providing nutritious and healthy meals within budget.*

Allotment - *Take part in the community allotment where we will get involved in all things gardening and even if it is raining, there's a great outhouse where we can sit and just have a coffee or get involved with some arts and crafts activities.*

FRIENDS Resilience - *A programme based around building emotional resilience and creating new positive coping skills.*

DBEC Drop in - *(Darlington Borough Employment Connections) Interested in employment? Why not come along to meet our Employment specialists, have a chat about employment and see if we can help support you into a career that will help you on your journey to recovery.*

If you have any questions about the activities on this timetable, please contact your allocated worker, or Recovery Connections.

Timetable last updated: May 2023