

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> 7am – 10am							
<b>Morning</b> 10am - 11:30am	<b>Journaling</b> Find new ways to express your feelings with pen to paper	<b>Breath Work</b> Relax and unwind with breathing techniques and guided sessions to help clear your mind	<b>Baking</b> Become the new Mary Berry and create some delicious treats	<b>Creative Time</b> Delve into colouring, create your own vision boards, make your own clock, design your achievements collage	<b>Building Confidence</b> Learn new ways to approaching people, making friends, and setting healthy boundaries	<b>Brunch &amp; Group Discussion</b> A chance to share your thoughts and feelings with the rest of the group. Remember, YOU ARE NOT ALONE!	<b>Breath Work</b> Relax and unwind with breathing techniques and guided sessions to help clear your mind
<b>Lunch</b> 12pm – 1:30pm		<b>Yoga with Sport in Mind</b> 12-1pm.					
<b>Afternoon</b> 3:30pm – 5pm	<b>Go to folders</b> Make yourself a 'go to folder' to use when you're back home	<b>Goal settings</b> Daily and weekly planning exercise to help set and achieve your goals	<b>Confidence building with physical activity</b>  2-4pm	<b>Sleep hygiene</b> A session to support and improve your sleep	<b>WRAP plans</b> Wellness recovery action plans help to pinpoint the best ways to help with your recovery journey	<b>Board Games</b> Some weekend fun with a choice of card and board games, bingo and more	<b>Self-care</b> A chance for you to freshen yourselves up – face mask, nails, clean bedding etc
<b>Dinner</b> 6pm – 7:30pm							
<b>Evening</b> 7:30pm +						<b>Quiz &amp; Movie Night</b> Saturday night fun	
***Please note, this is intended as a guide only. All activities are subject to staff availability. You are also welcomed to engage in these activities in timeframes outside of those presented here***							