

Pavilions Group Work 30.8.17



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

9 The Drive, Hove, BN3 3JE 01273 680714

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

	What's On?	When?	Where?
Monday	Speak Easy ACT Group Forward (alcohol detox) Mindfulness Meditation Drop In C.A Meeting Springboard	9:30am-11am 10am-11:30am 10am-12pm 12:30pm-1:30pm 1:30pm-2:30pm 2pm-3:30pm	Richmond Hse (RH) - Group room 2 9 The Drive - Community room RH - Group room 1 RH - Group room 1 RH - Group room 1 9TD - Community room
Tuesday	Forward (alcohol detox) A.A Meeting Springboard	10am-12pm 12:30pm-1:30pm 2pm-3:30pm	RH - Group room 1 RH 9TD - Community room
Wednesday	Speak Easy Forward (alcohol detox) SUG@RH D.A.A Meeting Ear Acupuncture Ear Acupuncture Rethink (closed group) SMART Recovery	9:30am-11am 10am-12pm 11:15-12:15 12:30pm-1:30pm 12:15pm-1:15pm 1pm-3pm 2pm-4pm 3:15pm-4:45pm	RH - Group room 2 RH - Group room 1 RH - Group room 2 RH Oasis RH - Group room 2 RH - Group room 1 RH - Group room 2
Thursday	Forward (alcohol detox) SMART Group Springboard Speak Easy	10am-12pm 12:45-2pm 2pm-3:30pm 6pm-7.30pm	RH - Group room 1 Oasis 9TD - Community room Cascade Cafe
Friday	Speak Easy Forward (alcohol detox) Springboard Women's Health Drop-in SMART Recovery	9:30am-11am 10am-12pm 1pm-2:30pm 2:30pm-4:30pm 3pm-4:30pm	RH - Group room 2 RH - Group room 1 9TD - Community room Oasis 9TD - Community room
Saturday	Speak Easy	10:30am-12pm	RH

Useful Contacts

AA: www.alcoholics-anonymous.org.uk

Helpline: 0845 769 7555

CA: www.cauk.org.uk/Meetings/wtf.asp

Helpline: 0800 612 0225 or 0300 111 2285 from mobiles

SMART Recovery: www.smartrecovery.org.uk

NA: www.ukna.org/meetings-search

Helpline: 0300 999 1212

MA: www.marijuana-anonymous.org.uk/meetings.html

Helpline: 07940 503 438

DAA: www.drugaddictsanonymous.org.uk/daa-meeting

Helpline: 0300 030 3000

Cascade Coffee Shop: 24 Baker Street, Brighton BN1

4JN open Tuesday - Sunday 07477 051354

Samaritans: www.samaritans.org

Helpline: 116 123

Mental Health Rapid Response Service: 0300 304 0078