

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?
Monday	<p>Speak Easy</p> <p>ACT Group</p> <p>Forward (alcohol detox)</p> <p>Mindfulness Meditation Drop In</p> <p>C.A Meeting (open to all)</p> <p>Springboard</p>	<p>9:30am-11am</p> <p>10am-11:30am</p> <p>10am-12pm</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>9TD</p> <p>RH - Group room 1</p> <p>9TD - Community room</p>
Tuesday	<p>Forward (alcohol detox)</p> <p>A.A Meeting</p> <p>Springboard (Stopping April)</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>
Wednesday	<p>Speak Easy</p> <p>Forward (alcohol detox)</p> <p>SUG@RH</p> <p>D.A.A Meeting</p> <p>Ear Acupuncture</p> <p>Ear Acupuncture</p> <p>Rethink (closed group)</p> <p>SMART Recovery</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>
Thursday	<p>Forward (alcohol detox)</p> <p>SMART Group</p> <p>Springboard</p> <p>Speak Easy</p> <p>Creative Reading & Writing</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>
Friday	<p>Speak Easy</p> <p>Forward (alcohol detox)</p> <p>Springboard</p> <p>N.A Meeting</p> <p>Women's Health Drop-in</p> <p>SMART Recovery</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>
Saturday	<p>Speak Easy</p>	<p>10:30am-12pm</p>	<p>RH</p>

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

4JN open Tuesday - Sunday 07477 051354

Samaritans: www.samaritans.org

Helpline: 116 123

Mental Health Rapid Response Service: 0300 304 0078