










Pavilions Group Work Schedule 2018

	GROUP	DESCRIPTION	TIME	ROOM	LOCATION
MON	 Speak Easy	<i>Unstructured check in group</i>	9:30am - 11am	Richmond House - Group room 2	 Richmond House Richmond Road Brighton BN2 3RL 01273 731900
	 ACT Group	<i>Acceptance & Commitment Therapy</i>	10am - 11:30am	9 The Drive - Community room	
	 Forward (closed group)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1	
	 Mindfulness Meditation	<i>Drop in mindfulness session</i>	12:30pm - 1:30pm	9 The Drive - Community room	
	 C.A Meeting (open to all)	<i>Cocaine anonymous meeting</i>	1:45pm - 2:45pm	Richmond House - Group room 1	
	 Springboard (N/A April)	<i>5 day recovery introduction programme</i>	2pm - 3:30pm	9 The Drive - Community room	
TUE	 Forward (closed)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1	 9 The Drive Hove BN3 3JE 01273 680714
	 A.A Meeting	<i>Alcohol anonymous meeting</i>	12:30pm - 1:30pm	Richmond House	
	 Springboard (N/A April)	<i>5 day recovery introduction programme</i>	2pm - 3:30pm	9 The Drive - Community room	
WED	 Speak Easy	<i>Unstructured check in group</i>	9:30am - 11am	Richmond House - Group room 2	 Oasis Project 11 Richmond Place Brighton BN2 9NA 01273 696970 (Women only service)
	 Forward (closed)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1	
	 SUG@RH	<i>Service user forum</i>	11:15am - 12:15pm	Richmond House - Group room 2	
	 D.A.A Meeting	<i>Drug addicts anonymous meeting</i>	12:30pm - 1:30pm	Richmond House	
	 Ear Acupuncture	<i>Reduces cravings and emotional symptoms</i>	12:15pm - 1:15pm	Oasis Project (Women Only)	
	 Rethink (closed group)	<i>For those involved with criminal justice system</i>	2pm - 4pm	Richmond House - Group room 1	
THUR	 Forward (closed group)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1	 Cascade Cafe 24 Baker Street Brighton BN1 4JN 07477 051354
	 SMART Group	<i>Mutual aid group</i>	12:45pm - 2pm	Oasis Project (Women Only)	
	 Springboard (N/A April)	<i>5 day recovery introduction programme</i>	2pm - 3:30pm	9 The Drive - Community room	
	 Speak Easy	<i>Unstructured check in group</i>	6pm - 7.30pm	Cascade Creative Recovery Cafe	
	 Book group	<i>Creative reading and writing group</i>	5.30pm - 7pm	Richmond House - Group room 2	
	 Ear Acupuncture	<i>Reduces cravings and emotional symptoms</i>	1pm - 3pm	Richmond House - Group room 2	
FRI	 Speak Easy	<i>Unstructured check in group</i>	9:30am - 11am	Richmond House - Group room 2	
	 Forward (closed group)	<i>Alcohol detox</i>	10am - 12pm	Richmond House - Group room 1	
	 Springboard (N/A April)	<i>5 day recovery introduction programme</i>	1pm - 2:30pm	9 The Drive - Community room	
	 N.A Meeting	<i>Narcotics anonymous meeting</i>	1:30pm - 2:30pm	Richmond House - Group room 1	
	 SMART Recovery	<i>Mutual aid meeting</i>	3pm - 4:30pm	9 The Drive - Community room	
SAT	 Speak Easy	<i>Unstructured check in group</i>	10:30am - 12pm	Richmond House	



Useful Contacts

AA: www.alcoholics-anonymous.org.uk
Helpline: 08457697555

CA: www.cauk.org.uk/meetings/wtf.asp
Helpline: 0800 612 0225 or 1112285 from mobiles.

SMART Recovery: www.smartrecovery.org.uk

NA: www.ukna.org.uk
Helpline: 0300 999 1212

MA: www.marijuana-anonymous.org.uk
Helpline: 07940 503 438

DAA: www.drugaddictsanonymous.org.uk
Helpline: 0300 030 3000

Cascade Coffee Shop: 24 Baker St, Brighton BN1
4JN, Open Tuesday - Sunday
Helpline: 07477 051354

LOCATION

