

**Weekly Recovery and
Therapeutic Support
programme:**

We offer key recovery skills at our Life Skills and Wellbeing Inside and Out programmes. They foster resilience and emotional containment strategies.

The therapeutic support programme offers time and understanding of how these skills can help prevent crisis and live more positive daily lives.

The skill based courses at the weekend are opportunities to share practical or artistic skills and to learn social skills by sharing time more informally.



The Haven Project

Charity Number 1169747

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**The
Haven**



**Weekly
recovery and
therapeutic
support
programme**

Weekly Therapy and Group Programme Monday closed except for therapeutic appointments.

Saturday or Sunday	Tuesday	Wednesday	Thursday	Friday
<p>10.00-12.30 Skills based or activity based group</p>	<p>10-10:45 Arrival and coffee/tea</p> <p>10:45-12:00 Life Skills & Emotional Resilience</p>	<p>10-10:45 Arrival and coffee/tea</p> <p>10:45-12:00 Wellbeing Inside and Out</p>	<p>10-10:45 Arrival and coffee/tea</p> <p>10:45-12:00 Life Skills & Emotional Resilience</p>	<p>10-10:45 Arrival and coffee/tea</p> <p>10:45-12:00 Wellbeing Inside and Out</p>
Lunch and catch up for staff.				
<p>12:30 pm -3.00pm Friendship Group</p>	<p>12.30 pm– 3.30 Therapeutic support and intervention (Individual sessions)</p> <p>12:00-3:00 Friendship group Social networking</p>	<p>12.30 pm-3.30pm Therapeutic support and intervention (individual sessions)</p> <p>12:00-3:00 Self directed work group</p>	<p>12.30 pm-3.30pm Therapeutic support and Intervention (Individual sessions)</p> <p>12:00-3:00 Friendship group Social networking.</p>	<p>12.30 pm-3.30pm Therapeutic support and intervention (Individual sessions)</p> <p>12:00-3:00 Self directed work group</p>
Crisis prevention calls and face-to-face contact Sunday-Thursday 5pm-8pm outreach by appointment				