

Phase 1 EDUCATION : Timetable

WEEK 1-3

Week #	Mon 11 - 11.45	Mon 1.15-2.00	Tues 9.30-10.30	Tues 11 - 11.45	Wed 9.30 - 10.30	Wed 1.15-2.00	Thurs 11.30-12.30	Fri 11-00-12.30
1	HEALTHY BOUNDARIES EDU P1: Week 1 Session 1	BEHAVIOURS IN ADDICTION EDU P1: Week 1 Session 2	YOU ARE WORTHY OF RECOVERY EDU P1: Week 1 Session 3	WINDOW OF TOLERANCE EDU P1: Week 1 Session 4	LIFE STRESS EDU P1: Week 1 Session 5	BODIES 101 HOMEOSTASIS EDU P1: Week 1 Session 6	BODIES 101 NUTRITION FOR RECOVERY EDU P1: Week 1 Session 7	HARM MINIMISATION EDU P1: Week 1 Session 8
2	BODIE 101 THE BASICS ALIVE AND WELL EDU P1: Week 2 Session 1	ANGER THERMOMETER EDU P1: Week 2 Session 2	THE FEELINGS WHEEL EDU P1: Week 2 Session 3	EMOTIONS 101 THE BASICS EDU P1: Week 2 Session 4	ANGER VS AGGRESSION FEELING VS BEHAVIOUR EDU P1: Week 2 Session 5	AUTOMATIC NEGATIVE THOUGHTS EDU P1: Week 2 Session 6	NICABM WINDOW OF TOLERANCE EDU P1: Week 2 Session 7	HARM MINIMISATION EDU P1: Week 2 Session 8
3	READING THE PLAY - THINKING TRAPS EDU P1: Week 3 Session 1	BODIES 101 PREVENTING INFECTIOUS DISEASE EDU P1: Week 3 Session 2	MASLOW'S HIERARCHY EDU P1: Week 3 Session 3	EMOTIONAL REGULATION EDU P1: Week 3 Session 4	ANGER ICEBERG EDU P1: Week 3 Session 5	NAME TO TAME EMOTIONS EDU P1: Week 3 Session 6	MY CIRCLES EDU P1: Week 3 Session 7	HARM MINIMISATION EDU P1: Week 3 Session 8