

DAY / TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8.00							
9.00	HOUSE WORK		HOUSE WORK			Housework	
9.30		After care					
10.00							
10.30	DAIRY PUBLIC BATH			MEET WITH SPONSOR		Meet WITH MUM	
11.00			VOLUNTEERING TRADITION				
11.30							
12.00	LUNCH			SMART LEAP			
12.30		CA - 17:00-14:00					
13.00		SERENITY CAFE					
13.30	LEAP Solutions	LUNCH					
14.00							
14.30							
15.00							
16.00		Serenity - coffee/meeting people					
17.00	DINNER	CA-Doctors	DINNER	DINNER	CA -	NA -	
18.00		Opinion				Convent.	CA -
19.00	CA -	DINNER	CA -		COCKBURN ST	VIEWFORTH	COCKBURN ST
20.00	Castlebank ST		CA -		DINNER		DINNER
21.00		Salvation Army	SERENITY CAFE				
22.00	Movie/relax						
23.00							

“Give yourself a bit of structure and stability”

Recovering from drug or alcohol addiction can be hard. The ARC-Edinburgh app can help you to organise your time and find local services, facilities and groups to support you during recovery.

Find out more at arcapp.co.uk

