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| **DAY** | **LEAMINGTON** | **RUGBY** | **STRATFORD** | **NUNEATON** |
| **Monday**AM | **10–12**: Extended Brief Intervention |  | **10-12:**[SMART Recovery](https://smartrecovery.org.uk/meeting-results/?address%5B0%5D=Warwickshire&post%5B0%5D=meetings&distance=20&units=imperial&per_page=20&lat=52.267135&lng=-1.467522&form=1) | **11-12:30:**[SMART Recovery](https://smartrecovery.org.uk/meeting-results/?address%5B0%5D=Warwickshire&post%5B0%5D=meetings&distance=20&units=imperial&per_page=20&lat=52.267135&lng=-1.467522&form=1) |
| PM | **2-4:** Foundation of Change**1-4:**Art Club | **12-12:30:** Mindfulness**1-3:** Peer support |  |  |
| **Tuesday**AM | **10-4:**Peer Mentor training | **10-12:** Extended Brief Intervention | **10-12:** Extended Brief Intervention |  |
| PM | **2-4:**Foundation of Change | **2-4:**Foundation of Change | **2-4:**Foundation of Change**6-7:30:** Family group |
| **Wednesday**AM | **10-12:**Extended Brief Intervention | **2-4:**Foundation of Growth**(Coming Soon)** |  | **10-12:** Extended Brief Intervention |
| PM | **2-4:** Foundation of Change | **6-7:30:**[SMART family group](https://smartrecovery.org.uk/meeting-results/?address%5B0%5D=Warwickshire&post%5B0%5D=meetings&distance=20&units=imperial&per_page=20&lat=52.267135&lng=-1.467522&form=1)**(Coming Soon)** |  | **2-4:**Foundation of Growth**(Coming Soon)** |
| **Thursday**AM |  | **10-12:** EBI – Sarah, **6th Feb** |  |  |
| PM | **6-7:30:** Foundation of Change | **2-4:**Foundation of Change |  |  |
| **Friday**AM | **10-10:30:**Mindfulness**10:30-12:30:**Peer support |  |  | **10-12:**Extended Brief Intervention |
| PM | **2-4:**[SMART Recovery](https://smartrecovery.org.uk/meeting-results/?address%5B0%5D=Warwickshire&post%5B0%5D=meetings&distance=20&units=imperial&per_page=20&lat=52.267135&lng=-1.467522&form=1) **2-4:**Foundations of Growth | **1-2:** [SMART Recovery](https://smartrecovery.org.uk/meeting-results/?address%5B0%5D=Warwickshire&post%5B0%5D=meetings&distance=20&units=imperial&per_page=20&lat=52.267135&lng=-1.467522&form=1) |  | **2-4:**Foundations of Change**1:30-3:**Peer Support |

**Foundation of Change:**

Our in-house structured day programme to support users of all kinds of substances. For more information call 01926 353513 or email Warwickshire.Info@cgl.org.uk

**Foundation of Growth:**

Our in-house structured day programme follow on course to support users of all kinds of substances. For more information call 01926 353513 or email Warwickshire.Info@cgl.org.uk

**Extended Brief Intervention:**

Our 6 session course design to help lower risk but problematic drinking service users tackle their drinking. This course will help to educate, inform and advise.