

## Alcohol & Drug Contact Numbers & Websites

Beechwood House, Inverness	01463 711 335
Drinkline	0800 917 8282
Talk to Frank	<a href="http://www.talktofrank.com">www.talktofrank.com</a>
Mind Infoline	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
	<a href="http://www.drinkwise.org.uk">www.drinkwise.org.uk</a>

**National Association for Children of Alcoholics (NACOA)** 0800 358 3456  
 Information, advice & support to children of alcohol-dependent parents concerned with their welfare through a free & confidential telephone and email helpline.

## Mental Health Contact Numbers

Samaritans	116 123
Breathing Space - Depression & Stress Helpline	0800 83 85 87
Monday to Thursday evenings 6pm – 2am; Friday to Monday evenings 6pm – 6am	
CALM - Campaign against Living Miserably	
<i>Fighting depression in young men</i>	0800 58 58 58
Living Life – CBT Telephone Support	0800 328 9655
Poppy Scotland (Armed Forces Veterans)	01463 710 300
Combat Street – 24 hour helpline <a href="http://www.combatstress.org.uk">www.combatstress.org.uk</a>	0800 138 1619
Mikey's Line – Lines open 7pm Friday to 7am Monday	01463 729 000
Text for support helpline for our community	

## Domestic Abuse Contact Numbers

Inverness Women's Aid	01463 220 719
Ross-Shire Women's Aid	01349 863 568
Caithness & Sutherland Women's Aid	0345 408 0151
Lochaber Woman's Aid	01397 705 734

## General Contact Numbers

Rape Crisis Scotland	08088 01 03 02
RASASH (Rape & Sexual Abuse Service Highland)	03330 066 909
Advocacy Highland	01463 233 460
Highland Council – Welfare Support Team	0800 090 1004
Citizens Advice Bureau, Inverness	01463 237 664
Inverness Food Stuff, Ness Bank Church	07552 303 056
Tuesdays & Thursdays from 1pm – 3.30pm (offering hot meals; pay what you can)	

## Drug & Alcohol Recovery Service



## Osprey House

Raigmore Avenue  
 Inverness  
 IV2 3DZ

Telephone Number - 01463 716 888  
 We are open 6 days a week, 8am – 8.30pm  
 Monday - Saturday

## KEEP YOUR MEDICATION SAFE .....



### Be Smart about Medication Storage ALWAYS

- **Always store your medication in a lock box.** Make sure the key isn't left in it; it defeats the purpose of keeping it locked!
- **Always** keep it in a safe location, far from the reach of children.
- **Always** rinse out the last bit of liquid with a touch of water and drink it or just rinse it period!
- **Always** rinse out the bottle and lid before disposing into refuse bin.
- **Always** keep medicines in their original bottles! There is no reason they need to be taken out!
- **Always** put your medication away, even if you have to run to the telephone for a moment.
- **Always** talk to your children about the dangers of medication and the dangers of taking other people's medications.

### Absolutely Never

- **Never** let your child see you take medication or drinking your dose, children like to imitate their parents.
- If a child ingests or you suspect they have taken your medication, you must **seek emergency support** by contacting **999**, as you may not know right away because it takes time to reach peak effect.
- **Never**, Never give your child some of your medication to make them sleepy or to "relax" them – **NEVER!**
- **Never** take medication unless it's prescribed to you, there is no way to know how it will react in your body. Not everyone responds the same way.
- **Never** tell children medicine is sweets - **NEVER!**
- **Never** leave your tablets or your open bottle on the table/counter if you have to run to answer door/telephone. It only takes a second for a child to ingest it.
- ***Even if you live alone and have no children, do not get careless in proper storage, friends and family still visit!***

..... KEEP CHILDREN SAFE

## ALCOHOL, DRUGS AND DRIVING

If you have a problem with alcohol or drugs, you might have to stop driving until these problems have improved.

Many prescribed medications, including methadone and diazepam, can affect your ability to drive or operate machinery. You should always check with your doctor before continuing to drive.

If your doctor thinks you should not be driving, they will tell you this, and ask you to contact the Driver Vehicle Licensing Authority (DVLA), who will get an independent doctor to assess you. Unless they are satisfied you are completely stable (and this includes other drugs such as cannabis) your licence may be withdrawn for a period of time.

If your doctor advises you not to drive and you carry on, they will make every effort to persuade you to stop. However, if they find out you are still driving, even after this, they will then tell the DVLA and write to tell you they've done this.

### ! REMEMBER !

- **If you drive under the influence of alcohol or drugs, you are breaking the law.**
- **If you do not inform your insurer when you are being prescribed drugs that may affect your driving, then your insurance may not be valid.**
- **If you drive when your doctor has advised you to stop and they become aware that you are still driving; it becomes their duty to inform the DVLA.**
- **If you are stable on an opiate replacement therapy alone, or a small dose of prescribed benzodiazepines, it may be okay to drive, but you will need to be assessed first. Ask your doctor.**

These rules are designed to protect you, other road users and pedestrians.



## **HIGHLAND ALCOHOL & DRUG ADVICE & SUPPORT SERVICE (HADASS)**

### **DROP IN SERVICE AT CHURCH STREET:**

**TUESDAY, WEDNESDAY & FRIDAY  
10am – 2pm**

#### **SERVICES INCLUDE:**

- **NEEDLE EXCHANGE: SPECIALISED EQUIPMENT**
  - **HARM REDUCTION ADVICE**
- **IMAGE & PERFORMANCE ENHANCING DRUGS CLINIC**
  - **1-1 SUPPORT**
- **OVERDOSE & NALOXONE TRAINING & SUPPLY**
  - **BBV TESTING & IMMUNISATION**

#### **HARM REDUCTION SERVICE:**

**DAVID WHYTE HOUSE, 57 CHURCH STREET  
INVERNESS IV1 1DR  
TEL: 01463 717 594**

**Families Anonymous Meetings are for Families and Friends of those with a Drug or Related Behavioural Problem.**

#### **How can it help?**

The aim of the group is to help the family and friends of people with a current, suspected or former drug problem by providing mutual support and to offer a forum where experiences and anxieties can be shared. In the group members learn to come to terms with the problem that is disrupting their lives. Attending meetings helps members adopt an honest and consistent approach towards the addict. This in turn often brings him/her to realise that he/she needs help to live without drugs. Experience has shown that help for the family and friends means important help for the drug-dependent person.

#### **Local Support Group Meetings held**

Every Thursday from  
7.30pm-9.00pm  
At Beechwood House,  
69/71 Old Perth Road,  
Inverness, IV2 3JH

To make contact with a local FA member before going to a meeting, please call the office or the helpline on: 0207 498 4680 or 0845 1200 660 (lo-cal). Please check your phone tariff – the cost of calls to 0845 numbers can vary.

**Calls are answered Monday to Friday, 1:00-4:00pm and 6:00-10:00pm and at weekends 2:00-10:00pm. An answerphone is available outside these hours.**



Please call our free and confidential helpline today if you have been affected by a loved one's substance misuse. Our trained volunteers will be supportive and provide the information you need, or will simply listen if you need to talk. The helpline is open Monday to Friday from 9am to 11pm and Saturday and Sunday from 5pm to 11pm.

#### **Importance of Support**

Phoning or emailing our helpline is often the first time someone has been able to talk about their situation. It can be an important first step in getting information about local services and available support. Often family members try to deal with the problem themselves and may only seek help when there is a crisis. However, when families do receive support, they often say it helps them cope better, and they wish they had sought help earlier.



Helpline on **08080 10 10 11**  
or email us at [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)

**Calls from landlines are free.**

Calls from a mobile phone vary in cost depending on your service provider.



**ARE COMPULSIVE OR ADDICTIVE BEHAVIOURS CAUSING YOU PROBLEMS?**

**DO YOU THINK YOU ARE DRINKING TOO MUCH?**

**IS YOUR DRUG USE OUT OF CONTROL?**

SMART stands for 'Self Management And Recovery Training' and began in 1994 in the United States. It has grown into a worldwide network of self-help meetings, both face-to-face and online, where participants can get help from others in recovery. SMART operates as a non-profit organisation in many countries including the United States, the UK, Canada and Australia.

SMART Recovery (SMART) is a science-based programme to help people manage their recovery from any type of addictive behaviour. This includes addictive behaviour with substances such as alcohol, nicotine or drugs, or compulsive behaviours such as gambling, food, shopping, self-harming and so on.

[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)



Smart Recovery runs mutual support meetings where through open and confidential discussion, we help ourselves and each other recover from any kind of addictive behaviour.

### **YOUR LOCAL MEETING WILL BE HELD AT**

#### **Apex Unit 7**

23 Lotland Street, Inverness  
Phone 01463 717033  
**Mondays 1.30pm - 3.30pm**

#### **Beechwood House**

69/71 Old Perth Road, Inverness  
Phone 01463 711335  
**Tuesdays 3.30pm – 5.00pm**

#### **Osprey House**

Raigmore Avenue, Inverness  
Contact APEX on 01463 717033  
**Fridays SMART GROUP 1.00pm - 2.30pm**  
**And Acupuncture from 2.45pm – 3.30pm**



Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. For some of our members, the wounds still run deep, even if their loved one may no longer be a part of their lives, or have died.

We believe alcoholism affects the whole family, not just the drinker. Whatever your relationship is to the drinker, whatever your story, Al-Anon can help.

**Al-Anon Family Groups hold regular meetings where members share their own experience of living with alcoholism. Al-Anon does not offer advice or counselling, but members give each other understanding, strength and hope.**

### **Local Meetings -**

**Every Thursday at 8pm**

**Bruce Gardens Centre, 23 Bruce Gardens, Inverness**

**Every Saturday at 8pm**

**New Craigs Hospital, Activity Room, Leachkin Road, Inverness**

**Confidential Helpline 020 7403 0888**

(Helpline available 10 am - 10 pm, 365 days a year)

Email for all departments: [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)

# Cocaine Anonymous



## ACI Recovery Services

*108 Church Street, Inverness, IV1 1EP  
Tel: 01463 220995*

**Clear Cut Direction  
12 Step Recovery**

**Meetings Held at**

**Merkinch Community Centre  
Coronation Park, Inverness, IV3 8AD  
Mondays 7.30pm – 9.00pm**

### What We Offer

Our core service is providing **free and confidential one-to-one counselling for those experiencing addiction or substance misuse issues**. We support clients with a range of addiction issues including alcohol, drugs and gambling. We also provide information and advice on substance misuse and addictions to the public and to professional colleagues.

As a service we make every effort to ensure that our service is client centred, respectful and non-judgemental. We approach our client care in a holistic & individualised manner and client confidentiality is of paramount importance.

### What is Counselling?

Counselling is a specialised area of treatment & support which gives people with a variety of issues the space and time to explore how and why problems (such as alcohol or drug misuse) have developed. It should be regarded as a complete process which lets counsellor and client work together on helping clients to achieve lasting change in their lives. By helping people to look at various aspects of their lives, our clients are supported to develop more understanding & resilience which can enable them to better cope with the up and downs of modern life.

**Cocaine Anonymous**  
Scottish helpline **0141 959 6363**



[www.cascotland.org.uk/inverness](http://www.cascotland.org.uk/inverness)

Email: [info@addictionscounsellinginverness.org](mailto:info@addictionscounsellinginverness.org)

Website: [www.recovery.scot](http://www.recovery.scot)

Company Registration No. 97508, Scottish Charity

Reference No. SC 000233

## Road To Recovery – Highlands

Providing support and hope to folk recovering from addictions and their families, drawing on strength from the Christian hope.

### Inverness Contacts:

Meeting Held –

- ❖ For just Women; Every Wednesday at 1pm – 2.30pm
- ❖ Every Thursday at 7.30pm – 9pm

Venue: Free Church Hall, Bank Street, Inverness IV1 1QU  
Contact: Alcohol/Drug Support Workers, Telephone: 01463 715 809

### Ross-shire Contacts:

Meeting Held –

- ❖ Every Tuesday at 7.30pm

Venue: Capstone Centre, Free Church, Obsdale Road, Alness  
Contact: Fiona Dolan, Telephone: 01349 880 776

Meeting Held –

- ❖ Every Tuesday at 7.30pm

Venue: Tain Free Church Hall, Scotsburn Road, Tain  
Contact: Mandy Nutt, Telephone: 01862 894 877

For support please contact:

Black Isle - Chris Smart, Telephone: 01349 866 067  
Dingwall – Angus MacRae, Telephone: 01349 862 183  
Muir of Ord – Gordon Martin, Telephone: 01463 871 223

**\*\* Open and Welcome To All \*\***



**N.A.** is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only ONE requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break.

Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that **THEY WORK**. There are no strings attached to N.A. We are not affiliated with any other organizations, we have no initiation fees or dues, no pledges to sign, no promises to make to anyone.

We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help. The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

**Your local Meeting is held at:**

**Just For Today**  
CYC, 12 Bank Street  
Inverness IV1 IQY  
Tuesday & Friday 7:30pm  
**(Closed, Share, Reading, Doors locked 7:30pm)**



t

**Helpline: 24 hours**

**0300 999 1212**



## Our vision and purpose

### Our Vision

Apex Scotland's vision is for a fair and just society in which people feel safe from crime, disorder and danger and those who are at risk of (re)offending are given the education, support and opportunities they need to change their behaviour, becoming effective citizens and leading fulfilling lives.

### Our Purpose

To be a leading not for profit organisation working with people of all ages and backgrounds who are the most disadvantaged and disengaged from society, and who are at risk of (re)offending, in a way which promotes desistance and enables them to re-engage and work towards a positive future.

### Our Priorities

Apex Scotland will focus on five main areas of activity to achieve our Purpose namely:

- 1. Develop early intervention services designed to reduce the likelihood of people offending**
- 2. Develop desistance based services which reduce re-offending**
- 3. Develop social enterprises designed to be self-sustaining funding models which create opportunities for employment and other meaningful activity and social re-integration**
- 4. Undertake influence-based activities designed to promote social, economic and political change in accordance with our Vision**
- 5. Create and nurture strategic partnerships which allow more effective or efficient use of resources and opportunity to achieve our Purpose**



## Highland Sexual Health

Highland Sexual Health clinics run throughout Highland and provide: a free, confidential, one-stop service for men and women. The nurses and doctors are specially trained in sexual health and contraception and their aim is to deal with everyone in a friendly, non-judgemental and sensitive way.

### Opening Times:

In Inverness clinics run daily within Raigmore Hospital in Zone 1, Clinic 4.  
Telephone: 01463 888300 for further information and an appointment.

In Invergordon there is a clinic each Thursday within the Out-Patient Department of the County Community Hospital.  
Telephone: 01463 888300 for further information and an appointment.

In Aviemore there is a drop in clinic each Tuesday evening from 4.30 – 6.00pm in the Health Centre, no appointment necessary just call in.  
Telephone: 01463 888300 or 07929 401489 for further information.

Several GP practices within Highland also provide sexual health services; you don't have to be registered with the practice and can visit them confidentially. These GP's will advertise this service locally or telephone 01463 704202 for information about services close to you.





Department  
for Work &  
Pensions

## WORK CLUBS

**Work clubs are set up to help people aged 16-65 with their job search. They help with job searches, CV's, application forms and lots more.**

### Merkinch Work Club

6 Grant Street: **opening times are Monday 9.30am to 4.00pm, Wednesday from 9.30am to 4.00pm and Thursday 9.30am to 4.00pm.**  
The work club is down the side of the Merkinch Enterprise Building (to the right as you look).  
Contact: **01463 718989/241614 or 07872 014520** for more information.

### Spectrum Centre Work Club

Based at 1 Margaret Street, (by main bus station) Inverness IV1 1LS  
Phone: **01463 710013/728758. Fridays from 10.00am to 12 noon**

### New Start Highland Work Club

Based at 9 Carsegate Road North, Inverness, IV3 8DU. Phone: **01463 728784** to arrange an appointment. They meet **every Friday from 10.00am to 12.30pm then 1.30pm to 4.00pm**

### Nairn Work Club

Based at Nairn Community & Arts Centre, King Street, Nairn. Phone: **01667 453476** to book appt. Meet **every Wednesday from 1.00pm to 4.00pm.**

### Smithton & Culloden Work Club

The Kings Factory - Smithton Industrial Estate **every Friday 10.00am to 1.00pm.** Phone the Kings Factory on: **01463 792700/790770** for more information.



## What is Auricular Acupuncture?

Auricular acupuncture is a specialised complementary therapy where acupuncture points on the outer ear are treated using needles to help relieve many chronic complaints. The treatment helps to support and maintain recovery of those accessing Apex services. Benefits include improved concentration and focus, alleviating anxiety and stress, improved appetite and sleep.

### What we do

Our trained acupuncture specialists carry out the procedure in group sessions within a calm environment. Individuals are offered a person centred approach to meet their specific needs over several sessions.

### Who is it for?

Anyone who accesses Apex services is welcome to participate in auricular acupuncture sessions.

### How it is accessed

In the units where the sessions are offered, individuals are offered access to the sessions by their personal development mentor to complement the services they are already accessing. Referrals can be made by email or phone through criminal justice social work, treatment and rehabilitation services such as Osprey House or Beechwood House and Ascend.





## Alcoholics Anonymous

### Wednesdays

- ✚ Going the Distance Activity Group (every second week)
- ✚ CSCS Green Labourer's Card 9.30am – 3.30pm
- ✚ 1 to 1's

### Thursdays

- ✚ Apex Challenge Team
- ✚ Auricular Acupuncture 1.30pm – 2.30pm
- ✚ 1 to 1's

### Fridays

- ✚ Apex Challenge Team
- ✚ 1 to 1's
- ✚ Auricular Acupuncture at INVERNESS OFFICE 11am – 12 noon
- ✚ SMART Recovery at OSPREY HOUSE 1pm – 2.30pm
- ✚ Acupuncture at OSPREY HOUSE 2.45pm – 3.30pm

#### Travel Arrangements

Beechwood House - 9.00am; Cale House - 9.50am; Leave Apex Office - 9.30am  
Return to Inverness - 3.30pm

**Personal Protective Clothing is issued prior to leaving Apex Highland**

### Friday Meetings

#### **Tain**

St Andrew Episcopal Church, Manse St.  
Time: 19.30 - duration 2hrs

#### **Inverness Bruce Gardens Recovery**

Bruce Gardens Centre, 23 Bruce Gardens  
Time: 20.00

#### **Nairn As Bill Sees It**

Pentecostal Church of God, Crescent Rd.  
Time: 19.00 - duration 1hr

#### **Boat Of Garten**

St Columba Church Hall (door to rear of church),  
Boat of Garten.  
Time: 20.00 - duration 1hr 30mins

#### **Inverness Bruce Gardens: Recovery**

Bruce Gardens Centre, Bruce Gardens  
Time: 20

#### **Inverness Town**

Mission Hall, Madras St.  
Time: 20.00

### Sunday Meetings

#### **Invergordon**

St Ninians Episcopal Church, High St.  
Time: 19.30

#### **Inverness Beechwood**

Beechwood House, 69/71 Old Perth Rd  
Time: 14.00

#### **Inverness Step & Traditions**

Bruce Gardens Centre, Bruce Gardens  
Time: 19.00 - duration 1hr 30mins

#### **Inverness Culloden**

Culloden Barn Church, Culloden.  
Time: 20.00

Please note: There is EMERGENCY FIRST AID IN THE WORKPLACE Training on the last Thursday of each month.

### Saturday Meetings

#### **Inverness Spectrum Centre**

First Floor, Spectrum Centre, Farriline Park.  
Time: 12.30

#### **Inverness New Craigs Hospital**

The Seminar Room, New Craigs Hospital, Leachkin Rd.  
Time: 20.00 - duration 1hr 45mins

#### **Aviemore: Care & Share**

St Andrews Church, Main Rd.  
Time: 20.00

#### **Inverness Women's**

Church of God, Friar St.  
Time: 10.30 - duration 1hr

Call our National Helpline FREE on: 0800 9177 650

[help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)



## Alcoholics Anonymous

### Monday Meetings

#### **Nairn**

St Columbas Church Hall, Queen St  
Time: 20.00

#### **Inverness The Room**

For the Right Reasons, 38-40 Grant Street, (behind Charity Shop)  
Time: 13.00

#### **Dingwall: Recovery**

St James Church Hall, Castle St.  
Time: 20.00

#### **Inverness 12 Step Recovery**

Haugh Court Residents Hall, Haugh Court, Haugh Rd  
Time: 19.30 - duration 1hr 30mins

#### **Inverness Ness Bank: Experience, Strength & Hope**

Ness Bank Church, Ness Bank  
Time: 20.00

### Wednesday Meetings

#### **Inverness Bruce Gardens Recovery**

Bruce Gardens Centre, 23 Bruce Gardens  
Time: 20.00

#### **Inverness Spectrum Centre**

First Floor, Spectrum Centre, Farriline Park.  
Time: 12.30

#### **Inverness Town**

Mission Hall, Madras St.  
Time: 20.00

#### **Inverness New Craigs Hospital**

The Seminar Room, New Craigs Hospital, Leachkin Rd.  
Time: 20.00 - duration 1hr 45mins

#### **Inverness Bruce Gardens: Recovery**

Bruce Gardens Centre, Bruce Gardens  
Time: 20.00

### Tuesday Meetings

#### **Inverness Friars St**

Church of God Hall, Friars St  
Time: 12.30

#### **Inverness Big Book Study**

Charleston Academy Community Centre, General Booth Rd., Kinmylies  
Time: 19.00

#### **Inverness Raigmore Hospital**

Centre for Health Science, Old Perth Rd  
Time: 19.30

#### **Black Isle Munloch**

Knockbain Church, Millbank Rd, Munloch, Black Isle  
Time: 20.00

### Thursday Meetings

#### **Inverness St Ninians**

St Ninians RC Church Hall, Culdueth Rd.  
Time: 20.00

#### **Inverness**

Inshes Church, Inshes Retail Park, Inshes (opp Matalan)  
Time: 20.00

#### **Inverness Friars St**

Church of God Hall, Friars St  
Time: 12.30

#### **Strathpeffer**

Church of Scotland Hall, Main St  
Time: 20.00



## Community Outdoor Projects

For many years Apex Highland has been involved in outdoor activities. Service Users work on a voluntary basis on community projects in the Highland area. The project encourages team building, building confidence and learning new skills.






Service users gain useful skills and knowledge whilst engaging and the opportunity of further training. Regular attendees can achieve the John Muir Award which is an environmental award scheme focused on wild places. It encourages awareness and responsibility for the natural environment. We are developing long term partnerships with Scottish Waterways Trust – working with the Canal College in Inverness.

Anyone in the Inverness and Easter-Ross area is welcome to contact this service. Referrals can be made by email or phone through criminal justice social work, treatment and rehabilitation services such as Osprey House or Beechwood House and Ascend.

### **The Horse Sanctuary at Peddiston House**

Peddiston House is a memorial trust and is home to many animals and is considered a haven for rescued animals. It is home to horses, dogs, cats, geese, poultry, ducks and peacocks and many more.




### Tasks undertaken at the Sanctuary

-  Cleaning out the stables
-  Walking the dogs
-  Removing rag wort
-  Mending the fences
-  Grazing the fields

### **The Poly Project**

In March, Apex Scotland in partnership with The Scottish Federation arranged an introduction to Ploy tunnels Course, which 12 service users attended and gained experience and knowledge. It has been so well received by the service users that the course has continued on.

### What you will learn

-  An overall Design and Plan of Poly tunnels, care and maintenance of plants, tools and materials.
-  How best to arrange compost, pots, tables and propagation area to allow smooth flow.
-  Establish a waste system of compostable, reusable and recycling.

### **Travel Arrangements**

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Return to Inverness - 3.30pm

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Call our National Helpline FREE on: 0800 9177 650

[help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

## Meetings at OSPREY HOUSE (Raigmore Avenue, IV2 3DZ)

**2 Week Group Timetables** - Beechwood House run meetings Monday to Thursday. Apex run SMART Recovery group every Friday.

### Week 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:30am to 11:30am</b>	Check In	Relapse Prevention (Triggers and Cravings)	Positive Thinking	I see me, You see me (Jahari's Window)	Check In
<b>2pm to 3pm</b>	Emotional Wellbeing (Anxiety, Depression)	Support Networks (Family, friends, mutual aid meetings)		Social Interactions (Coping Strategies)	1pm to 2:30pm SMART Recovery Meeting  Acupuncture from 2.45pm – 3.30pm

### Week 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:30am to 11:30am</b>	Check In	Change (Old and New Behaviours)	Motivation	Communication	Check In
<b>2pm to 3pm</b>	Personal Care, Physical Wellbeing (Sleep, Nutrition)	Goal Setting		Recovery Plan	1pm to 2:30pm SMART Recovery Meeting  Acupuncture from 2.45pm – 3.30pm