HALFWAY HOUSE WEEKLY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 – 8.00	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
8.00 – 8.45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.15 – 9.45	Community Group	**9:15 – 10:15** Process Group 1	**9:15 – 10:15** Process Group 1	Community Group	Community Group	**9:00 – 1:00** Voluntary Work	Self Directed Time
10.00 – 11.15	Process Group	**10:30 – 11:30** Process Group 2	**10:30 – 11:30** Process Group 2	Process Group	Drama Therapy		
11.30 – 12.30	One to One ---------- Self Directed Time	One to One ---------- Self Directed Time	Self Directed Time	One to One ---------- Self Directed Time	One to One ---------- Self Directed Time		
12.30 – 1.30	Lunch	Lunch	Lunch	Lunch	Lunch		
1.30 – 2.30	Robert's Group	Robert's Group	Robert's Group	Robert's Group	**1:45 – 3:00** End of Week Process Group	Self Directed Time	
3.00 – 4.00	Lecture / Topic Group	**3:00 – 5:00** Objectives Group	**2:45 – 4:15** Yoga (Optional)	**3:00 – 5:00** Video			
4.00 – 6.00	Self Directed Time	**5:00 – 6:00** Self Directed Time	**4:15 – 6:00** Self Directed Time	**5:00 – 6:00** Self Directed Time	Self Directed Time		
6.00 – 10.00	Dinner & Fellowship Meeting	Dinner & Fellowship Meeting	Dinner & Fellowship Meeting	Dinner & Fellowship Meeting	Dinner & Fellowship Meeting	Dinner & Fellowship Meeting	Dinner & Fellowship Meeting