

# Recovery Hub Timetable

# July

| Monday                                         | Tuesday                              | Wednesday                        | Thursday                                                       | Friday                                                                        |
|------------------------------------------------|--------------------------------------|----------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------|
| 10-11:30AM Breakfast Club                      | 10-11:30AM Breakfast Club            | 10-11:30AM Breakfast Club        | 10-11:30AM Breakfast Club                                      | 10-11:30AM Breakfast Club                                                     |
| 10-11AM Together Ladies Connect (Women's Only) | 12-1PM Recovery Toolbox              | 10:30-12PM Women's SMART Meeting | 12-1PM Confidence Building                                     | 12-1PM Cycle of Change                                                        |
| 2-3PM Many Roots One Path                      | 1-3PM Ketamine Group                 | 12-1PM Rebalance Group           | 2-3PM Movement & Mindfulness                                   | 1:30-2:30PM Weightlifting -<br>(Location: Structure Sport and Fitness S2 4BL) |
|                                                | 1:30-2:30PM Wellbeing, Arts & Crafts |                                  | 4-5PM Mixed Martial Arts,<br>(Location: Shootfighters, S2 4BL) | 2-3:30PM SMART Meeting                                                        |
|                                                | 6-7PM LGBTQ+ Online SMART Meeting    |                                  | 5:00-6:45PM Concerned Others                                   | 2-4PM Games Social                                                            |
|                                                |                                      |                                  | 5:30-6:30PM SMART Meeting                                      |                                                                               |

## Reminders

- New mixed SGP Starting August. New womens SGP starting September. Enquires - [sgpinfo@waythrough.org.uk](mailto:sgpinfo@waythrough.org.uk)
- Working Together group 2-3PM on the last Friday of every month.
- New Triple P starting 05/08/26

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