

Resolve Timetable – Active from Tuesday 1st September 2020

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM | **Issues And Feelings**  11-1230pm | **Coping Strategies**  11-1230pm | **CBT**  11-1230pm | **Relapse Prevention**  11-1230pm | **Zoom drop in**  11-12pm |
| PM |  | **Zoom Structured Issues and Feelings**  130-3pm |  | **Zoom Fun and Games**  130-3pm | **Acupuncture –** ALL DAY |