

## Monday

### Women's Group 10am - 12pm - Drop in

Informal unstructured workshop discussing a range of topics.

*"Sitting with my female peers in a safe, fun & comforting environment made me realise I'm not alone"*

### SMART Recovery 1.30pm - 3pm - Drop in

SMART (Self-Management and Recovery Training) has been specially designed to help people manage their recovery from addiction. It's run by trained facilitators who are also in recovery and has been helping people worldwide for over 20 years. During each meeting you will be able to learn about a whole set of tools to help you maintain motivation, cope with urges, manage thoughts and feelings and maintain a balanced lifestyle.

*"SMART Recovery has helped me the most in my recovery and still does everyday. Managing thoughts, feelings and behaviours helped me overcome my own addictive behaviour. Attending SMART meetings has helped me generate motivation, self belief and hope that I will get my life back"*

## Tuesday

### Choosing to Change 11am - 1.15pm - Closed

A 5 week group covering 6 different areas; My Map of The World, Who am I, Assertiveness Skills, Choosing Well, Managing Me and Communicating Well. This group helps you deal with problem solving, managing emotions, coping strategies for high risk situations, problem solving etc. once you are stable or abstinent from substances.

*"Choosing to Change is very good for working on reasons, psychological change and prevention. It made me see why assertiveness is so important, how to think positively and actually works when you put it in practice."*

### CA Meetings 6.30pm - 8pm - Drop in

Cocaine Anonymous are strictly confidential meetings that are held at iHear, but led by a CA representative. You do not have to be a client of iHear or live in the borough of Hounslow to attend.

## Wednesday

### Allotment Club 10.45am - 1pm - Drop in

Meeting point iHear.

## Thursday

### SMART Recovery 10.30am - 12pm - Drop in

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### Creative Workshop 12.30pm - 4pm - Drop in

An informal drop in, where you can express yourself and allow creativity to flow, no matter your level of art skills. Everybody is welcome to join us for art and fun, where all art equipment, teas and coffees are provided.

### WH2 12.30pm - 1.30pm - Drop in

We Hear Too (WH2) is a committee run by iHear Service Users who represent all of us. We are here to listen to Service Users and feedback your views, comments and concerns to those in the big office! We also organize special events and activities for Service Users, including fund raising for activities. We're always looking for new people who want to get involved with WH2, so why not come along and see what we do!

## Friday

### Alcohol Preparation Group 10am - 11am - Closed

Understanding addiction, the effects of alcohol on the body, safe reduction and helping you to achieve abstinence.

*"The group is really informative and helped me realise that I needed abstinence from alcohol."*

### Allotment Club 9.45am - 12pm - Drop in

Meeting point iHear.

## Saturday

### NA Meetings 11am - 1pm - Drop in

NA Anonymous are strictly confidential meetings that are held at iHear, but led by a NA representative. You do not have to be a client of iHear or live in the borough of Hounslow to attend.

**\*Open Access runs  
Monday, Tuesday,  
Thursday & Friday  
9.30am - 4pm.**



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# Workshops & Activities

Updated: 24.01.2017