

BROADWAY
LODGE *est.1974*

TRANSFORMING LIVES

Treatment Programme

Broadway Lodge Example Schedule – Gordon Beard Unit Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Breakfast						
8am	Meds						
9.15am	Group Check-in						
10am	Group Therapy						
11am	Free Time						
11.30am	Assignment Time						
12.30pm	Meds						
1pm	Lunch						
1.30pm	Therapeutic Duties/ Free Time						
2pm	Free Time						
3.30pm	Group Therapy or Workshop						
4.30pm	Free Time						
5.30pm	Meds						
6pm	Dinner						
7.30pm	Recreational Time	Ex-resident Share	Recreational Time				
9.45pm	Medical Check-In						
10pm	Meds						
11pm	Bed						

This schedule does not include individual appointments (e.g. one to one counselling, auricular acupuncture), and is subject to change on a weekly basis. During your stay in the Gordon Beard Unit you may join some sessions in the Main House such as shares and workshops.

Broadway Lodge Example Schedule - Main House Therapeutic Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am	Bell	Bell	Bell	Bell	Bell		
7.20am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Bell	Bell
8.15am	Meds	Meds	Meds	Meds	Meds	Meds/ Breakfast	Meds/ Breakfast
8.45am	Free Time	Mahalo Meditation	Free Time	Free Time	Free Time	Free Time	Free Time
9.15am	Community Group		Community Group	Lecture	Community Group	Community Group	Community Group
9.30am	Free Time		Free Time	Free Time	EMDR	Weston Town/ Free Time	Free Time
				Hypnotherapy			
10am	Client Life Story F/back	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group (if not in town)	Group Therapy
11am	Assignment Time	Assignment Time/Boxercise Class	Assignment Time	Assignment Time	Assignment Time	Weston Town/ Free Time	Church & Worship/ Walks
11.30am	Auricular Acupuncture	Auricular Acupuncture	Auricular Acupuncture	Yoga Class	Auricular Acupuncture		
12.30pm	Meds	Meds	Meds	Meds	Meds		
1pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2pm	Walks	Walks	Walks	Assignment Time	Walks	Walks Including Recreational Time	Walks Including Recreational Time
	Assignment Time	Assignment Time	Assignment Time		Assignment Time		
3pm	Free Time				Relapse Prevention & Wellness & Spirituality Workshop		
3.30pm	Trauma Group Therapy	Drama Workshop or Trauma or Compassion Group	Group Therapy		Gender Group	Relapse Prevention, Workshop or Topic Group	Relapse Prevention, Workshop or Topic Group
4.30pm							
4.45pm	Free Time	Client Life Story	Free Time	Free Time	Buddy Meeting		
5.30pm	Meds	Meds	Meds	Meds	Meds	Meds	Meds
6pm	Dinner	Dinner	Dinner	Dinner	Dinner	Free Time	Free Time
7pm	Recreational Time	Community Group	Gender Meeting	Community Group	Alcoholics Anonymous Meeting	Dinner	Dinner
7.30pm		AA/CA Meeting		Free Time		Ex-Resident Share	Narcotics Anonymous
8.30pm		Recreational Time	Recreational Time	Recreational Time	Quiz Night	Recreational Time	Recreational Time
9.30pm	Meds	Meds	Meds	Meds	Meds	Meds	Meds
10.30pm	Bed	Bed	Bed	Bed	Bed	Bed	Bed

Please note – This schedule does not include individual appointments and is subject to change on a weekly basis