



THE CABIN
Singapore

Time Day	Monday	Tuesday	Wednesday	Thursday	Friday
1.00pm - 5.00pm	Individual Sessions				
6.30pm - 7.30pm	What is Addiction Mind Mapping	<i>6.30pm - 9.00pm</i> Family Programme	ABCs of CBT	Experiential Trauma Group	Recovery Zones
7.45pm - 8.45pm	Trauma Skills		Recovery Vision & S.M.A.R.T. Goals		Boundaries & Codependency