



THE CABIN
Singapore

	Monday	Tuesday	Wednesday	Thursday	Friday
1.00pm - 5.00pm	Individual Sessions				
6.00pm - 7.00pm	What is Addiction Mind Mapping	Family Programme	ABC'S of CBT Anger, Fear & Shame	Relapse Prevention Continuing Care	Recovery Zones
7.30pm - 8.30pm	Boundaries & Codependency		Recovery Vision Smart Goals		Trauma Skills