



THE CABIN
Singapore

Day / Time	1.00pm - 6.00pm	6.30pm - 7.30pm	7.45pm - 8.45pm
Monday	Individual Sessions	What is Addiction Mind Mapping	Trauma Skills
Tuesday	Individual Sessions (1.00pm - 8.00pm)		
		Family Programme (6.30pm - 9.00pm)	
Wednesday	Individual Sessions	ABCs of CBT	Recovery Vision & S.M.A.R.T. Goals
Thursday	Individual Sessions (1.00pm - 8.00pm)		
		Experiential Trauma Group	
Friday	Individual Sessions	Recovery Zones	Boundaries & Codependency