



Therapy and Addiction

Timetable of Services

| Day | Time | Group | Address | Access |
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| Monday | 10.00am - 12.00pm | Breaking the Cycle | Open Road, 13 Southview Road, Vange, Basildon, Essex, SS16 4ER | By invitation only |
| | 1.00pm-2.30pm | Relatives Group (Fortnightly) | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | Please call to let us know you're attending |
| | 6.30pm - 8.30pm | Open Session | Foundation 66, Panorama House, 34 Runwell Road, Wickford, Essex, SS11 7HQ | Please call to confirm your attendance |
| Tuesday | 10.00am - 12.00pm | Breaking the Cycle | Open Road, 13 Southview Road, Vange, Basildon, Essex, SS16 4ER | By invitation only |
| | 10.00am-11.30am | Breaking the Cycle | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | By invitation only |
| | 2pm - 3.30pm | Self Esteem and Assertiveness (8th March - 12 April) | Open Road, 13 Southview Road, Vange, Basildon, Essex, SS16 4ER | By invitation only |
| | 2pm - 3.30pm | Stress & Anxiety (3rd May- 7th June) | Open Road, 13 Southview Road, Vange, Basildon, Essex, SS16 4ER | By invitation only |
| | 4.00pm - 5.00pm | Children and Young persons (6-13 years old) | The Knights Way Centre, 32A Knights Way, Brentwood, Essex, CM13 2AZ | Please call to confirm your attendance |
| | 6.30pm - 8.30pm | Open Session | Billericay Quaker Meeting House, School Lane, Billericay, Essex, CM12 9LH | Please call to let us know you're attending |
| | 7pm-9pm | Relatives Workshop (Starting 5th April) | Foundation 66, Panorama House, 34 Runwell Road, Wickford, Essex, SS11 7HQ | By invitation only |
| Wednesday | 10.00am - 11.30am | Breaking the Cycle | Open Road, 13 Southview Road, Vange, Basildon, Essex, SS16 4ER | By invitation only |
| | 10.00am - 11.30am | S.T.A.R.T. Group | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | By invitation only |
| | 10.00am-11.30am | Breaking the Cycle | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | By invitation only |

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| | 12.00pm-1.00pm | Acupuncture & Meditation Group | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | By invitation only |
| | 2.00pm-3.30pm | S.T.A.R.T. Group | Open Road, 13 Southview Road, Vange, Basildon, Essex, SS16 4ER | By invitation only |
| | 2.00pm - 3.15pm | Open Session | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | Please call to let us know you're attending |
| Thursday | 10.00am-12.30pm | Intimacy & Relationship Course | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | By invitation only |
| | 10.00am-11.30am | Breaking the Cycle | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | By invitation only |
| | 12.00pm - 1.15pm | S.T.A.R.T. Group | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | By invitation only |
| | 1.00pm-2.00pm | Acupuncture & Meditation Group | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | By invitation only |
| | 6.30pm - 8.30pm | Open Session | The Knights Way Centre, 32A Knights Way, Brentwood, Essex, CM13 2AZ | Please call to confirm your attendance |
| | 6.30pm - 8.30pm | Peer Support | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | Please call to confirm your attendance |
| Friday | 10.00am-11.30am | Preparation Meets Opportunity | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | By invitation only |
| | 12.00pm - 2.00pm | Coffee, Chat & Crafts | Rose Hall, 86 Chapel Street, Billericay, Essex, CM12 9LS | Please call to confirm your attendance |
| | 2.30pm - 3.30 pm | S.T.A.R.T. Group | Castle Point Community Mental Health Team, Knightswick Clinic, Folksville Road, Canvey Island, Essex, SS8 7AD | Please call to confirm your attendance |



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| Brentwood | Billericay | Southend |
| Wickford | Canvey | Basildon |

Office numbers

Billericay/ Brentwood: 01277 655662

Romford: 01708 724070