

# ResetLife Frankston Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12PM – 1.30PM Youth Education	11AM – 12PM Mindfulness and Movement	12PM-1PM Early Recovery Skills		12PM – 1PM Early Recovery Skills
	12PM – 1.30PM ONLINE Support Person Education	1PM-2PM Relapse Prevention		1PM – 2PM Relapse Prevention
4PM – 5.30PM Youth Education	1.00PM – 2.00PM SMART Recovery Youth	4PM-5PM Early Recovery Skills		4PM-5PM Early Recovery Skills
	2.30PM-4.30PM Social Skills/Continuing Care	5PM-6PM Relapse Prevention		5PM-6PM Relapse Prevention