

# ResetLife Moorabbin Schedule



| MONDAY                              | TUESDAY   | WEDNESDAY                         | THURSDAY                                       | FRIDAY                           |
|-------------------------------------|---|-----------------------------------|--|----------------------------------|
| 12PM – 1PM<br>Early Recovery Skills |   | 12PM-1PM<br>Early Recovery Skills | 10.30AM-12PM<br>SMART Recovery Youth           | 12PM – 1.30PM<br>Youth Education |
| 1PM – 2PM<br>Relapse Prevention     | 12PM – 1.30PM ONLINE<br>Support Person<br>Education | 1PM-2PM<br>Relapse Prevention     | 12PM-2.30PM<br>Art Therapy                     |                                  |
| 4PM-5PM<br>Early Recovery Skills    |   | 4PM-5PM<br>Early Recovery Skills  |  | 4PM – 5.30PM<br>Youth Education  |
| 5PM-6PM<br>Relapse Prevention       |   | 5PM-6PM<br>Relapse Prevention     | 3.45PM-5PM<br>Social Skills/Continuing<br>Care |                                  |