



alcohol services for the community



Events, Groups and Support at jkp Bedford January – June 2010

JKP Bedford, 32 St John Street, Bedford MK42 0DH Tel: 01234 344 133

Yellow = Everybody welcome, come along and join in!

Purple = Speak to an alcohol worker/reception to sign up!

Monday	11 - 1pm Love Yourself, Love Your Liver A nutrition group that will explore how to eat healthily and cheaply in order to help stabilize cravings, enhance mood and maintain a healthy liver.	Jackie
	12 – 4pm Open House Pop in for a cuppa, read the paper or have a chat in our Open House area.	Daphne
	11 – 12noon Drum Workshop Drum Kit, Dohl and African drumming, come to play or just to have a go!	Narinder
	10 – 12 Aromatherapy De-stress & indulge in 'me' time.	Paula
	10 - 4pm IT & Literacy Classes Develop your IT and literacy skills, take the time to get yourself a new qualification.	Tina
	Counselling Various appointments available throughout the day, call or speak to a team member.	Adam
Tuesday	12 – 4pm Computer Suite Search for great job opportunities or surf the web.	
	12 – 4pm Open House with Lucy Read the paper, relax with a book or have a chat in our Open House area.	Lucy
	11 – 12.30pm Structured Relapse Prevention We know coping can be tough...know the triggers and how to prevent a relapse.	Suzie
	2.15 – 3.15pm One Step Explore the effects of alcohol and how alcohol can affect offending behaviour.	
Wednesday	12 – 4pm Computer Suite Search for great job opportunities or surf the web.	
	12 – 4pm Open House Unwind with a jigsaw, have a cuppa or chat in our Open House area.	Fay
	11.30 – 12.30pm Women's World A diversionary activity for women focused around self-esteem, self-confidence and self-image. Come and join in with casual chat in a comfortable environment.	Amy & Hannah
Thursday	12 – 4pm Open House Pop in for a cuppa or relax with a book.	
	12 – 4pm Computer Suite Search for great job opportunities or surf the web.	
	Self Management 10.30 – 11.30am Explore feelings, emotions & mood – learn your triggers and find new coping techniques. Starting in May.	Leigh-Anne
	Counselling Various appointments available throughout the day, call or speak to a team member.	Carol
Friday	12 – 4pm Open House Pop in for a cuppa, read the paper or have a chat with Fay and Alan.	Fay & Alan
	12 – 4pm Gardening Pick up tips or practice your gardening in our jkp Garden.	Alan
	1 – 3pm NOAH Housing advice and support for those with queries or issues with housing.	Chris
	10 – 11am Alcohol Awareness Explore the physical, psychological & emotional effects of alcohol. Starting in April.	Jackie

Please do not come to jkp under the influence of alcohol or other drugs.