



Chase Recovery Cannock Timetable

St. Lukes Community Centre, Church Lane, Cannock. WS11 0DL
Open from **9:45am** - Call office for details **07599 881294**



Effective 21/05/26 – 16/07/26

Tuesday	Thursday
Freedom Active 10:00am - 11:30am A 12-week course for those who have completed Basics and are abstinent.	Freedom Active 10:00am - 11:30am A 12-week course for those who have completed Basics and are abstinent.
First Steps 11:45am - 1:00pm	<u>"Less is More"</u> 10.30am - 11.30am Alcohol: For those looking to reduce, stabilise or stop altogether.
The Soft Landing 1:00pm – 1:30pm Coffee, Cake & Connection.	The Soft Landing 11:30am - 12:00pm Coffee, Cake & Connection.
S.M.A.R.T. Recovery 1:30pm - 2:30pm	Here & Now. 12:00pm - 1:00pm
Freedom Basics 2:45pm - 4:15pm	Freedom Basics 1:15pm - 2:45pm
	Freedom Resilience 1:15pm – 2:45pm
All sessions in yellow are open to all and everybody welcome.	

***** Always check the website for any timetable changes...use QR code at top *****

www.chaserecovery.co.uk