

CRANSTOUN

Empowering People, Empowering Change

6-Week DayHab Programme

Cranstoun Inspire's DayHab offers a free structured day programme that is designed for adults with problematic drug or alcohol use who live in the London Borough of Sutton.

Duration: 6 Weeks

Schedule: Monday–Friday

10:00am – 2:00pm

Contact us for the next start date.

020 8773 9393

cranstoun.org



DayHab Programme

Programme overview

The programme offers intensive support to maintain abstinence such as post-detox, post-rehab or post-structured treatment. It is also suitable for people on a stable low-level opiate substitute treatment (OST). Additionally, it would benefit people who are in recovery and would like additional support to remain abstinent from their problematic substance or alcohol.

Weekly themes

1. Orientation & Motivation
2. Understanding Problematic Substance Use
3. Coping Skills & Emotional Health
4. Relationships & Communication
5. Relapse Prevention
6. Recovery Planning & Next Steps

Core components

- Psychoeducation
- Therapeutic Groups: CBT, DBT, Anger Management, Self-Esteem
- Weekly 1:1 Keyworker Sessions (on request)
- Complementary Therapies: Yoga, Art Therapy, Mindfulness
- Life Skills: Budgeting, Nutrition, Job Readiness
- Peer Support: NA, AA, SMART Recovery

How to sign up

As this is a structured programme, there will be a requirement to commit to the full 6 weeks.

Contact us to find out more:

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