

# CDAS Recovery Groups

Please speak to any member of staff about attending a session.

Unit 2 Whittle Court, 5 Town Rd, Hanley, Stoke-on-Trent, ST1 2QE

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

10:30 - 11:30

**Pre-Rehab**

at Whittle Court

10:30 - 12:00

**Coffee Morning**

at Whittle Court

10:30 - 12:00

**Stepping Stones**

at SRS

08:00 - 09:00

**Breakfast Club**

at Whittle Court

11:30

**The Women's  
Connect**

at The Observatory, Dyke  
Street, Hanley, ST1 2DE

13:00 - 14:30

**Stepping Stones**

at SRS

13:00 - 14:30

**New Beginnings**

at Whittle Court

10:30

**Stress Management**

at Birch Terrace

*\*Held Monthly*

*Check with Keyworker*

10:30 - 12:00

**Introduction to  
Service**

at Whittle Court

13:00 - 14:30

**Check-In**

at Whittle Court

15:30 - 16:30

**Pre-Rehab**

at Whittle Court

13:00 - 14:30

**Check Out**

at Whittle Court

18:00  
**CDAS Online  
Recovery  
Warriors**  
**JOIN HERE**  
OR ASK YOUR RECOVERY  
WORKER FOR THE LINK

