



**THE CABIN**  
Sydney

Time Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am	Individual Sessions					
11.00am - 12.00pm	Individual Sessions					Focus Group
12.00pm - 5.00pm	Individual Sessions					
5.00pm - 6.00pm	Individual Sessions	Family Group Fortnightly	Individual Sessions		Mindfulness Meditation Group	
6.00pm - 7.00pm	Process Group / Focus Group		ABC'S of CBT Mind Map Group	Mens Process Group / Womens Process Group	Yoga Group	