



Your day at the centre

DAILY RHYTHM

Every day brings new opportunities to care for yourself. May this rhythm be a source of support and a sense of safety, as well as a space to discover what nurtures your recovery, inner calm and wellbeing.

7:00 to 8:30 MORNING	START OF THE DAY Waking up and setting the tone for the day Gentle movement to wake the body, a moment of quiet, mindful breathing and setting an intention for the day ahead.
from 8:30 BREAKFAST	MEAL Breakfast in the "heart of the centre" A shared table in the kitchen and dining area, a moment for building the therapeutic community.
9:30 to 13:00 LATE MORNING	THERAPY BLOCK Time for therapy and reflection Psychoeducation sessions, the therapeutic community and sessions with the therapist or psychologist of the day.
from 13:30 LUNCH	MEAL Lunch A break to recharge, rest and take a moment for yourself.
15:00 to 18:00 AFTERNOON	MOVEMENT AND MINDFULNESS Sessions, activity and time in nature Individual sessions, physical activity, a mindful walk or time in the garden.
from 18:00 DINNER	MEAL Dinner A shared meal to close the active part of the day.
19:00 to 21:00 EVENING	WINDING DOWN Community and recovery journal The therapeutic community, followed by the recovery journal: reflecting on the day and a moment of gratitude.
22:00 NIGHT-TIME QUIET	REST Night-time quiet and sleep Sleep is the foundation of recovery, a time to restore body and mind.



Medical staff on duty around the clock, 24h / 7 Your safety is under constant care.

The times are approximate. The detailed daily plan is set by the Therapeutic Team.