

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Relaxation & Mindfulness 11am - 12.30pm Centre closed 21st	Craft for Wellbeing 10.15am - 12pm	Quiz Group 10.30am - 12pm	Skill Sharing and Positive News 10.30am - 12:30pm	Creative Stories for Wellness 11pm - 12.30pm Centre closed 18th
Afternoon	Bipolar Group 28th 1.45pm - 3pm IT support drop in 14th 1.30pm - 2.30pm New Referral Drop In 28th 1pm - 1.30pm	New Referral Drop In 22nd 2pm - 2.45pm		Games Group 1.30pm - 2.45pm	

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by asking if they have availability to see you in person or over the phone. ***We are closed on Bank Holidays**