

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Themed community drop in (craft)</b> 10am-11am</p> <p><b>Relaxation/meditation</b> 11.15am-12.15pm</p> <p><b>New Referral Drop in</b> 2pm-3pm</p>	<p>The building is open for members of the "Thinking Well" Service only (all day)</p> <p><b>Walking group</b> 10am-11.30am *Ask staff for Meeting point in the community</p>	<p><b>Themed community drop in (quiz)</b> 10am-11am</p> <p><b>Mindfulness colouring</b> 11am-12pm</p> <p><b>Hearing voices</b> 12pm- 1pm *registration required</p> <p><b>Yoga</b> *registration required 1pm-2.30pm Dates: 1st, 8th, 15th, 22nd &amp; 29th March</p> <p><b>WRAP for Wellbeing</b> 10am-1pm Dates: 1st March till 12th April *registration required</p>	<p><b>Community support drop in</b> 10.30am-12pm</p> <p><b>Client led art</b> 10.30am-12.30pm</p> <p><b>Client led Gardening group</b> 1.30pm- 2.30pm *Weather dependant</p> <p><b>HARC Benefits advice drop in</b> 10.30am-12.30pm 2nd &amp; 4th Thursday of the month (9th &amp; 23rd March)</p>	<p><b>Community support drop in</b> 10.30am-12pm</p> <p><b>Singing for wellbeing (6 weeks)</b> 10.30-12.30pm Dates: 24th Feb, 3rd, 10th, 17th, 24th 31st March *registration required</p> <p>The building is open for members of the "Thinking Well" Service only (1pm onwards)</p>

**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 or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available. **\*CLIENT MEETING 16TH MARCH 12PM-1PM MALLYDAMS GUEST SPEAKER**