

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11am Dates: 8th, 15th, 22nd, 29th Apr	Anxiety Support Group 10am — 11am Dates: 2nd, 16th Apr	Groups are operated in the community	Groups are operated in the community	Mixed Arts & Crafts 10.30am — 12pm Dates: 19th, 26th Apr
	Hearing Voices Support Group 11am — 12pm Date: 8th Apr	Care for the Carers Support Group 11am — 12.30pm Date: 30th Apr <i>*Registration required</i>	Community Group 11am — 12.30pm Dates: 3rd, 10th, 17th, 24th Apr Location: <i>*Speak to staff</i>	Out and About: 10.30am Date: 4th April Location: Hailsham Wellbeing Centre <i>*Registration required</i>	Client Community Meeting 12pm — 12.30pm Date: 26th Apr
Afternoon	Autism Support Group 11am — 12pm Dates: 15th, 29th Apr	Exploring Culture & Diversity 11.30am — 12.30pm Date: 16th, 23rd Apr			Games Group 1pm — 2.30pm Dates: 5th, 12th, 19th
	Healthy Boundaries 11am — 12.30pm Date: 22nd Apr	Coping with Change 1pm — 2.30pm Date: 16th Apr			New Referral Drop—in 1pm — 2pm Date: 26th Apr
	Positive Wellbeing 1pm — 2.30pm Dates: 8th, 15th, 22nd Apr	Made by Meditation 1pm — 3.30pm Dates: 23rd, 30th Apr <i>*Registration required</i>			

Please note: 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 phone or asking if they have availability to see you in person. **We are closed on Bank Holidays (Monday 1st of April).**

New Referral Drop in - For anyone interested in finding out more about the Wellbeing Centre and the support we offer.

Hearing Voices Group - A peer-led safe space to share challenges, seek, and offer support to each other living with voices and visions.

Autism Support Group - A peer-led safe space to share challenges, seek, and offer support to each other living with autism.

Healthy Boundaries - Recovery Worker led exploration of what healthy boundaries look like, why, and how we can better maintain them.

Positive Wellbeing - Recovery Worker led sessions themed differently each week such as plant potting, music, and creativity.

Anxiety Support Group - A peer-led safe space to share challenges, seek, and offer support to each other living with anxiety.

Care for the Carers - Care for the Carers support group. Contact a member of staff if you are a Carer and interested in attending.

Exploring Culture & Diversity - Recovery Worker led group exploring and celebrating diversity and culture from around the world.

Coping with Change - A peer-led space to share ideas, experience and explore how we can better cope with and manage change.

Made by Meditation - East Sussex College Group delivered course that delves into the realms of origami, calligraphy, wire work and chainmail.

**Registration required.*

Community Group - Recovery Worker led visits to local warm spaces and art trails. **Please speak to staff about where to meet.*

Out and About - **confirmation needed from HSM WBC**

Mixed Arts & Crafts - Recovery Worker facilitated group to enjoy self-care through a wide range of arts and crafts.

Games Group - A peer-led space to play board and card games.

Client Community Meeting - Recovery Worker led session to hear your feedback on the centre, service, and timetables.

Have you had a look at what's on in our other centres and online? Ask a member of staff to see more groups and courses available.