

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>New Referral Drop-in 10am- 11am Start: 13th June * If you are wanting to find out more about our service, please come along to ask your questions</p>	<p>Anxiety Support Workshop 10am—11am Date: 14th June (3 weeks) * <u>booking is required</u></p> <p>World Interest Group 11.30am-12.30pm Start: 14th June</p>	<p>The building is open for members of the 'Thinking Well' Service only</p> <p>Walking Group 12pm–1pm Dates: 22nd & 29th June *<u>Weather Permitting & booking is required</u></p> <p>Meet & Sit Group 1pm-2pm Dates: 22nd & 29th June *<u>Weather Permitting & booking is required</u></p>	<p>The building is open for members of the 'Thinking Well' Service only</p>	<p>Welcome to our new building 10.30am–12.30pm Date: 10th June</p> <p>Mindful Coloring 11am–12pm Date: 17th & 24th June *with relaxation music</p>
Afternoon	<p>Community Support Drop-in 12pm- 1.30pm Start: 13th June</p> <p>Young Persons Group 2.15pm—3.15pm Date: 20th June</p> <p>Community Meeting 2pm—3pm Date: 27th June</p>	<p>Hearing Voices Support Group 1pm—2pm Date: 14th June *<u>booking is required</u></p> <p>Why Sketchbooks are friendly Workshop Provided by SDC Start: 28th June (4 weeks) 1pm– 3.30pm * <u>booking is required</u></p>			<p>Welcome to our new building—Quiet time 1pm –3pm Date: 10th June * <u>booking is required</u></p> <p>Relaxation 12pm–1pm Date: 17th & 24th June</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. * Please remember we are closed on Bank Holidays