

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Community Group Date: 2nd, 23rd 10am - 11am</p> <p>Café Meet Date: 9th, 16th 10.15am - 11.15am Speak to staff for details</p>	<p>Quiz Group Date: 10th 10.30am - 11.30am</p> <p>History Group With speaker from Hailsham Historical Society Date: 17th 10.30am - 11.30am</p> <p>Heathfield Community Drop-in Date: 24th 10am - 11.45am</p>	<p>Coffee and Chat Drop-in 10am - 11am</p> <p>Anxiety Group Date: 11th, 18th 11.30am - 12.30pm</p>	<p>Open Access Session 10am - 12pm *For members of the public</p> <p>ONLINE Community drop-in 11am - 12pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access</p>	<p>Mindful Colouring 10am - 11.15am</p> <p>Bipolar Support Group Date: 6th 11.45am - 12.45pm</p> <p>Hearing Voices Support Group Date: 13th 11.45am - 12.45pm</p>
Afternoon	<p>Mysteries of the World Date: 16th 1pm - 2pm</p> <p>Nature Group Date: 23rd 1pm - 2pm</p>	<p>Puzzle and Connect Date: 10th, 24th 1.30pm - 2.30pm</p> <p>World Interest Date: 17th 1pm - 2pm</p>	<p>Client Community Meeting Date: 25th 11.30am - 12pm</p>	<p>Wood Whittling Date: 5th 12.30pm - 3pm Registration Required</p> <p>Expressive Art and Crafts Date: 19th 1pm - 2pm</p>	<p>Relaxation Date: 13th, 20th, 1.30pm - 2.30pm</p> <p>Mysteries of the World Date 27th 1pm - 2pm</p>

Please note: If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times to enquire or ask if there is any availability to be seen in person or over the phone. *We are closed on Bank Holidays

5 Ways to Wellbeing - Recovery Worker led group to explore ways to manage your mental health using this model.

Anxiety Group - Recovery Worker led group to learn skills and tools to help manage your anxiety.

Bipolar Support Group - A peer-led safe space to share challenges, seek and offer support to each other.

Café Meet - A Recovery Worker led group in a Café space with a chance for clients to meet up in a community space.

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

Coffee and Chat drop-in - A peer-led group to explore topics that impact our lives and Wellbeing and other services that can support.

Expressive Art and Craft - Clients exploring different forms of art to relax and to help manage overthinking and anxiety.

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

Heathfield Community Drop-In - Recovery Worker led social group exploring topics that impact our lives and wellbeing.

History Group - Fun and discussions on different periods of History.

Mindful Coloring - Recovery Worker led group: spend time colorings in from our large selection of books or bring your own.

Mysteries of The World - fun group Discuss and explore Mysteries, Myths and folklore.

Nature Group - Discussing forms of nature in a Fun informative Group.

Open Access Session - This is for potential clients to chat about the service we offer and on the day assessment (time permitting).

Planning and organising learn skill in planning/organising - Effective planning reduces stress, saves time, and helps provide structure and purpose.

Poetry - Exploring poems and meanings and short poetry writing sessions.

Puzzle and Connect - Jigsaw puzzles in a group.

Read and Reflect - A place of peace to be able to read a book, study or quietly relax.

Relaxation - Recovery Worker led group to explore mindfulness, meditation, and tools to help relax before the weekend.

Safe Space - A place taking yourself away from your normal place to be in a calm and peaceful environment.

World Interest - Explore topics and find out interesting facts from countries across the world.

Zentangle with Relaing Music - *A creative and calming group where clients explore self-expression through Zentangle drawing while listening to music that enhances focus and relaxation.*