

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Coping Skill Workshop 10am-11am Dates: 6th, 20th & 27th June</p> <p>Quiz (Volunteer led) 11am-12pm</p>	<p>Art & craft Group 10am—11am</p> <p>Community Support Drop-in 11am– 12pm</p>	<p>5 Ways to Wellbeing 10am—11am Dates: 15th, 22nd & 29th June</p> <p>Anxiety Group 11.30am –12.30pm Dates: 15th, 22nd & 29th June</p>	<p>Walking Group 10am –11am <i>*Weather Permitting, meet at the center.</i></p> <p>Long walk Group 10am –12pm Date: 9th June only <i>*Weather Permitting, meet at the center.</i></p>	<p>Relaxation (with music) 10am-11am <i>*If you are late, you may not be able to join.</i></p> <p>Themed Community Group 11.15am– 12.15pm <i>*each week a focus topic will be discussed</i></p>
Afternoon	<p>Tech help 1.15pm-2.30pm Dates: 6th, 20th & 27th June <i>*bring your device.</i></p> <p>Community Meeting 2pm -3pm Date: 20th June <i>*Share feedback about the service and get updates.</i></p>	<p>Gardening & Garden Art Projects 1pm– 2.30pm</p>		<p>Taster Session: Unmask the Mask 12pm—1pm <i>*16th June only</i></p> <p>Laughing Yoga 12pm—1pm <i>*23rd June only</i></p> <p>Challenge Your Thinking 12pm—1pm <i>*30th June only</i></p>	<p>World Interest Group 1pm– 2pm</p> <p>Hearing Voices Support Group 2pm—3pm Date: 10th June only</p> <p>Hailsham History Group 2pm—3pm 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*