

Neighborhood Wellbeing Hub – Hastings

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11am-2pm</p> <p>Walk-in welcome session Mental Health Support Co-ordinators</p>		<p>10.30am-12.30pm</p> <p>Drop in and Chat Social space Space to play games, do puzzles & chat with your peers (existing clients only)</p>	<p>11am-12noon</p> <p>Online group</p>	<p>10-11.30am</p> <p>Art Group</p> <p>11.30am-12noon</p> <p>Quiz</p> <p>12noon-1pm</p> <p>Drop in and Chat</p>	
		<p>Starts 8 July 2:30-4pm</p> <p>Peer group Burn out/stress Recharge Circle</p>		<p>2:30-4pm</p> <p>Peer group Living with Anxiety & Overthinking</p>	
<p>Starts 20 July 2:30-4pm</p> <p>Peer group Depression support-Light Ahead</p>	<p>2:30-4pm</p> <p>New Beginnings preparing for change</p>				
<p>Starts 13 July 5:30-7pm</p> <p>Peer Group Young Adults/ Mind Space</p>					

Staying Well: Monday to Friday, 5-10:30pm | Saturday and Sunday, 3 – 10:30pm

Social Space	Walk-in Welcome Session	Neighbourhood Wellbeing Group	Online Group	 
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