

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am Themed Peer Group 11am-12.30pm *limited spaces	Games Group/Drop in 11.30am-1pm Relaxation and Mediation 1pm-1.30pm	Walking Group 11am-12.30pm Ask team for meeting location Mallydams 14th May 10.15am-3pm	Quiz 10.30am-11am Community support drop in 11am-12.30pm HARC Benefits advice drop in 10.30am-12.30pm 29th May Every 2 weeks, check dates with team	Community Support Drop in 11am-12.30pm Introduction to Origami 10am-12pm *run by the college 9th, 16th & 23rd May
Afternoon	Weaving/craft group 1.30pm-3pm 19th May	Knitting for wellbeing client led 1.30pm-3pm	Registration required	ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff)* Ask staff for link/ codes to access	Scenes and scenarios with peer 12.30pm-1.30pm

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 asking if they have availability to see you in person or over the phone. ***We are closed on Bank Holidays WE WILL BE CLOSED ON MONDAY 5TH AND 26TH MAY-BANK HOILDAYS**