

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Cooking Group 10am - 12-30pm</p> <p>CENTRE CLOSED 1ST APRIL</p>	<p>Community Support Drop in 10-30am - 1pm</p>	<p>Games, Knit and Natter Group 10-30am - 12pm</p> <p>Music Appreciation 10-30am - 12pm</p>	<p>Hearing Voices Group 11th April 11am - 12pm</p> <p>New Referral Drop in 4th April 10-30am - 11-30am</p> <p>Calmful Crafting 10-30am - 12pm</p> <p>Gardening Group 4th and 18th April 10-30 - 12pm</p>	<p>Positive Psychology Group 10-30am - 12pm</p> <p>New Referral Drop In 26th April 11am - 12pm</p>
Afternoon		<p>Creative Art for Wellbeing 1pm - 3pm</p> <p>Exploring Autism Through Art (9th and 23rd April) 1pm - 2pm</p>	<p>Centre closed</p>	<p>Support Circle 1pm - 2pm</p> <p>Guided Meditation 11th and 25th April 2pm - 2-30pm</p>	<p>Confidence Inspiring Drama group 5th and 19th April 1pm - 2pm</p> <p>12th and 26th April 1pm - 3pm</p> <p>Mindfulness 19th April 2-15pm - 2-45pm</p> <p>Card Group 1pm - 3pm</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.