

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>Cooking Group</b> 10am - 12-30pm</p> <p><b>CENTRE CLOSED ALL DAY 6TH AND 27TH MAY FOR BANK HOLIDAYS</b></p>	<p><b>Community Support Drop in</b> 10-30am - 1pm</p>	<p><b>Games, Knit and Natter Group</b> 10-30am - 12pm</p> <p><b>Music Appreciation</b> 10:30am - 12pm</p>	<p><b>Hearing Voices Group</b> 9th May 11am - 12pm</p> <p><b>Calmful Crafting</b> 10-30am to 12pm</p> <p><b>Gardening Group</b> 2nd, 16th and 30th May 10-30am - 12pm</p> <p><b>New Referral Drop in</b> 23rd May 10-30am - 11-30pm</p>	<p><b>Positive Psychology Group</b> 10-30am - 12pm</p>
Afternoon	<p><b>CENTRE CLOSED EVERY AFTERNOON THROUGHOUT MAY (EXCEPT ATS GROUP)</b></p>	<p><b>Creative Art for Wellbeing</b> 1-00pm - 3pm</p> <p><b>Exploring Autism Through Art (7th and 21st May)</b> 1pm - 2pm</p>	<p><b>Centre closed</b></p>	<p><b>Support Circle</b> 1pm - 2pm</p> <p><b>Client Meeting</b> 9th May 2pm - 2-30pm</p> <p><b>Guided Meditation</b> 23rd May 2pm - 2:30pm</p>	<p><b>Confidence Inspiring Drama</b> 3rd, 17th and 31st May 1pm - 2pm</p> <p><b>10th and 24th May</b> 1pm - 3pm</p> <p><b>Mindfulness</b> 3rd and 17th May 2-15pm - 2-45pm</p> <p><b>Card Group</b> 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.