



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>11am – 2pm</p> <p>Walk-in Welcome Session</p>		<p>10 – 11am</p> <p>Social Space</p>		
			<p>11am – 1pm</p> <p>Arts, Crafts & Games</p>		
			<p>2 and 9 July</p> <p>10.30 – 11.30am</p> <p>Music Appreciation</p>		
			<p>16, 23 and 30 July</p> <p>10.30 – 11.30am</p> <p>Script Reading</p>		
			<p>9, 16, 23 and 30 July</p> <p>12noon-1pm</p> <p>Quiz</p>		
	<p>2.30 – 4.30pm</p> <p>Social Space</p>		<p>11am – 12 noon</p> <p>Online Group</p>		
			<p>2 July </p> <p>12noon-1pm</p> <p>Client Planning Group</p>		
	<p>3- 4pm</p> <p>Circle of Support</p>		<p>2 – 4pm</p> <p>Card Making</p>		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Start date: 4 August (Registration required) 5:30 – 7pm</p> <p>Peer Group: Living with Anxiety & Over Thinking</p>		<p>Start date: 30 July (Registration required) 2:30 – 4pm</p> <p>Peer Group: Coping Skills for Wellbeing</p>		

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