

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		<b>Managing Anxiety</b> 10.30am-12pm Starts: 14th June (3 week course)  <b>Games Group</b> 10.30am -12pm	<b>Community Support Drop in</b> 10:30am—12pm	<b>Gardening Group</b> 10.30am—12pm  <b>Wellbeing through media</b> 11am-12pm  <b>New Referral Drop in</b> 10.30am—11.30am Dates: 16th and 30th June	<b>Cooking and Community Group</b> 10am-12pm
Afternoon	<b>Music Appreciation Group</b> 1pm-2.30pm (Please ring in the morning to confirm before attendance) *Not running on 6th June	<b>Autism Support Group</b> 1pm-2.30pm  <b>Client meeting</b> 1pm-2pm Date: 21st June	<b>Creative Art for Wellbeing and Advanced Card Group</b> 1pm-3pm	<b>Hearing Voices Group</b> 1pm-2pm Date: 9th and 23rd June  <b>Bereavement Support Group</b> 1pm-2pm Dates: 16th and 30th June	<b>Drama group</b> 1pm-3pm  <b>Beginners Card Group</b> 1pm-3pm

**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.