

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Community Support Group</b> Date 3rd, 17th 10.30am - 11.30am  <b>Safe space</b> Date 10th, 24th 11.30am - 12.30pm	<b>Playing with Charcoal</b> Date: 4th 11.00am—12.00pm  <b>Heathfield Community Drop-in</b> Date: 11th 10am — 11.45am  <b>Out and About</b> Date: 18th Weather Permitting Speak to staff for details  <b>Poetry Group</b> Date: 25th 11am - 12pm	<b>5 Ways to Wellbeing</b> Dates: 5th, 12th, 19th, 26th 10am - 11am  <b>Anxiety Group</b> Dates: 5th, 12th, 19th, 26th 11.30am — 12.30pm	<b>Open Access Session</b> 10am - 12pm Date: 6th, 13th, 20th, 27th *For members of the public	<b>Mindful Colouring</b> Date: 7th, 14th, 21st, 28th 10am - 11.15am
Afternoon	<b>Mysteries of the World</b> Date: 3rd 1.00pm - 2.00pm  <b>Nature Group</b> Date: 10th 1.00pm –2:00pm  <b>Read and Reflect</b> Date: 17th 1pm - 2pm  <b>World Interest</b> Date: 24th 1pm - 2pm	<b>Puzzle and Connect</b> Date: 4th, 25th 1.30pm – 2.30pm  <b>Expressive Art and crafts</b> Date: 11th 1.00pm-2.00pm	<b>Client Meeting</b> Date: 19th 12:45pm - 1.15pm	<b>History Group</b> Date: 6th 1.15pm - 2.15pm  <b>Mysteries of the World</b> Date: 13th 1pm - 2pm  <b>Playing with Oil Pastels</b> Date: 20th 1pm - 2pm  <b>Autism Discovery Group</b> Date: 27th 1.00pm-2.00pm	<b>Bipolar Support Group</b> Date: 7th 11.45am - 12.45pm  <b>Hearing Voices Group</b> Date: 14th 11.45 - 12.45pm  <b>Relaxation</b> Date: 21st, 28th 1.30pm - 2.30pm

**Please note:** If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times to enquire or ask if there is any availability to be seen in person or over the phone. \*We are closed on Bank Holidays

**5 Ways to Wellbeing** - Recovery Worker led group to explore ways to manage your mental health using this model.

**Anxiety Group** - Recovery Worker led group to learn skills and tools to help manage your anxiety.

**Autism Discovery Group** - Group for newly diagnosed or clients wanting to explore Autism to help prevent burnout and discovery their identity

**Bipolar Support Group** - A peer-led safe space to share challenges, seek, and offer support to each other.

**Client Community Meeting** - Recovery Worker led session to hear your feedback on the centre, service, and timetables.

**Community Support Group** - A peer-led group to explore topics that impact our lives and Wellbeing and other services that can support.

**Expressive Art and Craft** - Clients exploring different forms of art to relax and to help manage overthinking and anxiety

**Hearing Voices Support Group** - A peer-led safe space to share challenges, seek, and offer support to each other.

**Heathfield Community Drop-In** - Recovery Worker led social group exploring topics that impact our lives and wellbeing

**History Group** - Fun and discussions on different periods of History

**Mindful Coloring** - Recovery Worker led group: spend time colorings in from our large selection of books or bring your own.

**Mysteries of The World** - fun group Discuss and explore Mysteries, Myths and folklore

**Nature Group** - Discussing forms of nature in a Fun informative Group.

**Open Access Session** - This is for potential clients to chat about the service we offer and on the day assessment (time permitting)

**Playing with Charcoal/Oil Pastels** - exploring lines, Dots, shading and spaces

**Poetry** - Exploring poems and meanings and short poetry writing sessions

**Puzzle and Connect** - Jigsaw puzzles in a group

**Read and Reflect** - A place of peace to be able to read a book, study or quietly relax

**Relaxation** - Recovery Worker led group to explore mindfulness, meditation, and tools to help relax before the weekend.

**Safe Space** - A place taking yourself away from your normal place to be in a calm and peaceful environment