

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Art Group 10am-11.30am		
			Drop in and Chat 11am-12pm		
			Client planning meeting 6 th August 11am-12pm		
			Have your say session 13 th August 11am-12pm		
			Online group 11am-12pm		
		Quiz 1.30pm-2.30pm	Peer group Burn out/Stress Recharge Circle 1.15pm-3.45pm		
		Drop in and Chat 2.30pm-3.30pm			

Social Space

Walk-in Welcome Session

Peer Group

Client planning session/ 'Have Your Say'

		Yoga 3pm-4pm	20 th August (Registration required)		
		Peer group Living with Anxiety and overthinking 5.30pm-7pm Starts 12 th August (Registration required)	Walk-in welcome session Mental Health support coordinators 4pm-7pm		

Community locations - Rye

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Social space Space to play games, do puzzles, Art & Craft, Chat with your peers 10.30am-12pm Tilling green community Centre Rye				
	Peer Group Living with Anxiety and overthinking 10.30-12pm		Online group 11am-12pm		

Social Space	Walk-in Welcome Session	Peer Group	Client planning session/ 'Have Your Say'
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Southdown



	Tilling Green Community Centre Date to be confirmed *Registration Required				
	Walk-in welcome session Mental Health support coordinator 11am-2pm Tilling Green community centre				

Social Space	Walk-in Welcome Session	Peer Group	Client planning session/ 'Have Your Say'
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