

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk-in welcome session Mental Health support coordinators 11am-2pm		Social space 10.30am-12.30pm	Online group 11am-12pm	Art Group 10am-11.30am	
				Client Planning meeting 11am-12pm 7th August	
				Quiz 11.30am-12pm	
		Have your say session 12th August 11am-12pm		Drop in & Chat 12pm-1pm	
		Peer group Burn out/stress Re charge circle 2pm-3.30pm 29th July-16th Sept (Registration Required)			

Social Space	Walk-in Welcome Session	Peer Group	Client Planning Session/ 'Have Your Say'
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Peer group Thrive together/anxiety support 2pm-3.30pm Starts 28th Sept-16th Nov (Registration required)	Peer Group Depression support/Light ahead 2pm-3.30pm Starts 11th August-29th Sept (Registration Required)			Peer group Circle of support 2pm-3.30pm Starts 4th September- 23rd Oct (Registration Required)	
Peer group Connected Minds/Depression support 5.30pm-7pm 7th Sept-26th October (Registration required)		Walk-in welcome session Mental Health support coordinators The Clifton Centre Starts 12 August 4pm-7pm			
Staying Well Monday to Friday 5:00 – 10:30pm / Saturday and Sunday 3:00 – 10:30pm					

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



Social Space

Walk-in Welcome
Session

Peer Group

Client Planning
Session/ 'Have Your
Say'

Southdown

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