

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10-11 Creative Group. Guided Willow Weaving & Art space.	Online group 11-12		
		11-12 Social activities group. Space to play games, do puzzles, and chat with your peers.			
		On Wednesday 12 th August 1:30-2:30 this space will be used for the client planning meeting and there will be no other groups.			

Social Space

Walk-in Welcome Session

Peer Group

Client Planning Session/ 'Have Your Say'

		12-1 Guided meditation for relaxation.			
		1-2 5 th August Have your Say Session.			
		Neighbourhood Wellbeing group starts 19 th August. Living with anxiety and overthinking. 2.30-4pm			
		Walk-in welcome session 4-7pm			

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