

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10-11:30 Lino printing and creative space.		Online group 11-12		
	11:30-12:30 Social Activities Group. Space to play games, do puzzles, and chat with your peers.				
	4 th August 12:30-1:30 Have your say session. This will be the only group running on this date.				
	11 th August 10:30-11:30 Social activities Group 11:30-12:30 Client planning meeting.				

Social Space

Walk-in Welcome Session

Peer Group

Client Planning Session/ 'Have Your Say'

	1:30-2:30 Guided meditation for relaxation.				
				2-3 Quiz Group	
	Walk-in welcome session 4-7pm			3-4 Positive News group. Space to discuss positive news and current topics.	

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