

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk-in welcome session Mental Health Support coordinators 11am-2pm			Social Activities group Space to play games, do puzzles, Art & Craft, Chat with your peers 10.30am-1pm		
			Online group 11am-12pm		
Client planning meeting 2-3pm 14th September. Social Activities Group 2-4pm Space to play games, do puzzles, Art & Craft, Chat with your peers.			Peer group Coping Skills for wellbeing 2.30pm-4pm Starts 10th September-29th October (Registration required)		

Please note: There are no groups currently running at community locations in Heathfield and Crowborough.

Social Space

Walk-in Welcome Session

Peer Group

External provider