

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10-11:30 Decoupage 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.				
	11:30-12:30 Client planning meeting. 8 th September				
	1:30-2:30 Guided meditation for relaxation.				
	Walk-in welcome session 4-7pm			2-3 Quiz Group	
				3-4 Positive News group. Space to discuss positive news and current topics.	

Social Space

Walk-in Welcome Session

Peer Group

External provider