

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 17 September	
				Quiz 11.30am-12pm	
				Drop in & Chat 12pm-1pm	
		Peer group Burn out/stress Re charge circle 2pm-3.30pm 7 October-25 Nov (Registration Required)			
Peer group Thrive together/ wellbeing worry 2pm-3.30pm				Peer group Circle of support 2pm-3.30pm Starts 18 September	

Starts 28 September (Registration required)				(Registration Required)	
Peer group Coping skills for wellbeing 5.30pm-7pm Starts 12 October (Registration required)		Walk-in welcome session Mental Health support coordinators The Clifton Centre 4pm-7pm			
Staying Well Monday to Friday 5:00 – 10:30pm / Saturday and Sunday 3:00 – 10:30pm					