

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8th	9th	10th	11th	12th
<p>10:30am - 1.00pm Foundations of Recovery (1 of 6)</p>	<p>10:30am - 12:30 pm Exploring Positive Body Image</p>	<p>10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (1 of 2)</p>	<p>10:30am - 12:30 pm Journaling for Mindfulness (1 of 2)</p>	<p>10:30am - 1.00pm Foundations of Recovery 2 of 6</p>
<p>2pm- 4pm Understanding and Managing Stress and Anxiety (1 of 2)</p> <hr/> <p>2pm-3pm Movement for Wellbeing (1 of 10) <i>(South Hill Park)</i></p>	<p>1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (1 of 10)</p> <hr/> <p>3:30pm-5pm Easy Mindful Crafting (1 of 5)</p>	<p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (1 of 10)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (1 of 10)</p>	<p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5)</p> <hr/> <p>3:30pm-4:30pm Photography, Collage and Story Telling (1 of 5)</p>	<p>2pm-4pm Drama: Acting to Build Confidence and have Fun (1 of 5)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (1 of 10)</p>

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15th	16th	17th	18th	19th
10:30am - 1.00pm Foundations of Recovery (3 of 6)	10:30am - 12.30pm Understanding and Managing Neurodiversity	10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (2 of 2)	10:30am - 12:30 pm Journaling for Mindfulness (2 of 2)	10:30am - 1.00pm Foundations of Recovery (4 of 6)
2pm- 4pm Understanding and Managing Stess and Anxiety (2 of 2)	1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (2 of 10)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (2 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5)	2pm-4pm Drama: Acting to Build Confidence and have Fun (2 of 5)
2pm-3pm Movement for Wellbeing (2 of 10) <i>(South Hill Park)</i>	3:30pm-5pm Easy Mindful Crafting (2 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (2 of 10)	3:30pm-4:30pm Photography, Collage and Story Telling (2 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (2 of 10)

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22nd	23rd	24th	25th	26th
<p>10:30am - 1.00pm Foundations of Recovery (5 of 6)</p>	<p>10:30am - 12.30pm Building Resilience</p>	<p>10:30am - 12.30pm Building Confidence and Managing Relationships (1 of 3)</p>	<p>10:30am - 12.30pm Creating Vision Boards to Achieve Our Goals (1 of 2)</p>	<p>10:30am - 1.00pm Foundations of Recovery (6 of 6)</p>
<p>2pm - 4pm Understanding and Managing Adverse Childhood Experiences</p> <hr/> <p>2pm-3pm Movement for Wellbeing (3 of 10) <i>(South Hill Park)</i></p>	<p>1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (3 of 10)</p> <hr/> <p>3:30pm-5pm Easy Mindful Crafting (3 of 5)</p>	<p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (3 of 10)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (3 of 10)</p>	<p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5)</p> <hr/> <p>3:30pm-4:30pm Photography, Collage and Story Telling (3 of 5)</p>	<p>2pm-4pm Drama: Acting to Build Confidence and have Fun (3 of 5)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (3 of 10)</p>

JANUARY & FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29th	30th	31st	1st	2nd
10:30am - 12.30pm Understanding and Managing Autism	10:30am - 12.30pm The Science of Happiness (1 of 2)	10:30am - 12.30pm Building Confidence and Managing Relationships (2 of 3)	10:30am - 12.30pm Creating Vision Boards to Achieve Our Goals (2 of 2)	10:30am - 12.30pm Understanding and Managing Anger
2pm - 4pm Developing Self Compassion (1 of 2)	1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (4 of 10)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (4 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5)	2pm-4pm Drama: Acting to Build Confidence and have Fun (4 of 5)
2pm-3pm Movement for Wellbeing (4 of 10) <i>(South Hill Park)</i>	3:30pm-5pm Easy Mindful Crafting (4 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (4 of 10)	3:30pm-4:30pm Photography, Collage and Story Telling (4 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (4 of 10)

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5th	6th	7th	8th	9th
10:30am - 1.00pm Foundations of Recovery (1 of 6)	10:30am - 12.30pm The Science of Happiness (2 of 2)	10:30am - 12.30pm Building Confidence and Managing Relationships (3 of 3)	10:30am - 12:30pm The Thrive Programme (1 of 6)	10:30am - 1.00pm Foundations of Recovery (2 of 6)
2pm - 4pm Developing Self Compassion (2 of 2)	1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (5 of 10)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing: (5 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 5)	2pm-4pm Drama: Acting to Build Confidence and have Fun (5 of 5)
<hr/> 2pm-3pm Movement for Wellbeing (5 of 10) <i>(South Hill Park)</i>	<hr/> 3:30pm-5pm Easy Mindful Crafting (5 of 5)	<hr/> 2pm-3pm & 3pm-4pm Beginners Guitar Lessons (5 of 10)	<hr/> 3:30pm-4:30pm Photography, Collage and Story Telling (5 of 5)	<hr/> 2pm-3pm & 3pm-4pm Beginners Guitar Lessons (5 of 10)
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12th	13th	14th	15th	16th

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19th	20th	21st	22nd	23rd
<p>10:30am - 1.00pm Foundations of Recovery (3 of 6)</p>	<p>10:30am - 12:30 pm Exploring Positive Body Image</p>	<p>10:30am - 12:45 pm Food and Mood (1 of 4)</p>	<p>10:30am - 12:30pm The Thrive Programme (2 of 6)</p>	<p>10:30am - 1.00pm Foundations of Recovery (4/6)</p>
<p>2pm - 4pm Understanding and Managing Depression and Low Mood (1 of 2)</p>	<p>1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (6 of 10)</p>	<p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (6 of 10)</p>	<p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5)</p>	<p>2pm - 4pm Understanding and Managing Emotional Boundaries (1 of 2)</p>
<p>2pm-3pm Movement for Wellbeing (6 of 10) <i>(South Hill Park)</i></p>	<p>3:30pm-5pm Easy Mindful Crochet (1 of 5)</p>	<p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (6 of 10)</p>	<p>3:30pm-4:30pm Photography, Collage and Story Telling (1 of 5)</p>	<p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (6 of 10)</p>

FEBRUARY / MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26th	27th	28th	29th	1st
<p>10:30am - 1.00pm Foundations of Recovery (5/6)</p>	<p>10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (1 of 2)</p>	<p>10:30am - 12:45 pm Food and Mood (2 of 4)</p>	<p>10:30am - 12:30pm The Thrive Programme (3 of 6)</p>	<p>10:30am - 1.00pm Foundations of Recovery (6/6)</p>
<p>2pm - 4pm Understanding and Managing Depression and Low Mood (2 of 2)</p>	<p>1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (7 of 10)</p>	<p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (7 of 10)</p>	<p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5)</p>	<p>2pm - 4pm Understanding and Managing Emotional Boundaries (2 of 2)</p>
<p>2pm-3pm Movement for Wellbeing (7 of 10) <i>(South Hill Park)</i></p>	<p>3:30pm-5pm Easy Mindful Crochet (2 of 5)</p>	<p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (7 of 10)</p>	<p>3:30pm-4:30pm Photography, Collage and Story Telling (2 of 5)</p>	<p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (7 of 10)</p>

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4th	5th	6th	7th	8th
10:30am - 1.00pm Foundations of Recovery (1/6)	10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (2 of 2)	10:30am - 12:45 pm Food and Mood (3 of 4)	10:30am - 12:30pm The Thrive Programme (4 of 6)	10:30am - 1.00pm Foundations of Recovery (2/6)
2pm - 4pm Understanding and Managing Adverse Childhood Experiences	1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (8 of 10)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (8 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5)	2pm - 4pm Understanding and Managing PTSD
<hr/> 2pm-3pm Movement for Wellbeing (8 of 10) <i>(South Hill Park)</i>	<hr/> 3:30pm-5pm Easy Mindful Crochet (3 of 5)	<hr/> 2pm-3pm & 3pm-4pm Beginners Guitar Lessons (8 of 10)	<hr/> 3:30pm-4:30pm Photography, Collage and Story Telling (3 of 5)	<hr/> 2pm-3pm & 3pm-4pm Beginners Guitar Lessons (8 of 10)

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11th	12th	13th	14th	15th
10:30am-1pm Foundations of Recovery (3 of 6)	10:30 am-12:30pm Jigsaw of Self Discovery (1 of 2)	10:30am - 12:45 pm Food and Mood (4 of 4)	10:30am - 12:30pm The Thrive Programme (5 of 6)	10:30am-1pm Foundations of Recovery (4 of 6)
2pm - 4pm Understanding and Managing Bereavement (1 of 2)	1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (9 of 10)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (9 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5)	2pm - 4pm Ways to Live Better with Trauma
2pm-3pm Movement for Wellbeing (9 of 10) (South Hill Park)	3:30pm-5pm Easy Mindful Crochet (4 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (9 of 10)	3:30pm-4:30pm Photography, Collage and Story Telling (4 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (9 of 10)

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18th	19th	20th	21st	22nd
10:30am - 1.00pm Foundations of Recovery (5/6)	10:30 am-12:30pm Jigsaw of Self Discovery (2 of 2)	10:30am - 12:30pm Understanding and Managing Panic Attacks	10:30am - 12:30pm The Thrive Programme (6 of 6)	10:30am - 1.00pm Foundations of Recovery (6/6)
2pm - 4pm Understanding and Managing Bereavement (2 of 2)	1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (10 of 10)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (10 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 5)	2pm - 4pm Understanding and Managing Social Anxiety
2pm-3pm Movement for Wellbeing (10 of 10) <i>(South Hill Park)</i>	3:30pm-5pm Easy Mindful Crochet (5 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (10 of 10)	3:30pm-4:30pm Photography, Collage and Story Telling (5 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (10 of 10)