

JANUARY 2026

MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH
10:30am - 12.30pm Exploring and Better Understanding Low Mood and Depression (1 of 2) 2pm - 4pm Exploring and Better Understanding Adult Autism (1 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (1 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (1 of 10)	10:30am - 12:30pm Exploring the Healing Power of Nature (1 of 4) 2pm - 4pm Relaxing Crafting (1 of 5)	10:30am - 12:30pm Exploring and Better Understanding Personality Challenges (1 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (1 of 10)	10:30am - 12:30 pm More Mindful Communication (1 of 2) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 10) 3:30pm - 4:30pm Make an Artist Book and Zine (1 of 5)	10:30am - 12.30pm Exploring and Better Understanding Coercive and Controlling Relationships (1 of 2) 2pm - 4pm Exploring and Better Understanding Adult ADHD (1 of 2) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 10)

JANUARY 2026

MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD
10:30am - 12.30pm Exploring and Better Understanding Low Mood and Depression (2 of 2) 2pm - 4pm Exploring and Better Understanding Adult Autism (2 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (2 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (2 of 10)	10:30am - 12:30pm Exploring the Healing Power of Nature (2 of 4) 2pm - 4pm Relaxing Crafting (2 of 5)	10:30am - 12:30pm Exploring and Better Understanding Personality Challenges (2 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (2 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (2 of 10)	10:30am - 12:30 pm More Mindful Communication (2 of 2) 1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (2 of 5)	10:30am - 12.30pm Exploring and Better Understanding Coercive and Controlling Relationships (2 of 2) 10am - 11am Easy Mindful Yoga Bracknell Library (2 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (2 of 5) 2pm - 4pm Exploring and Better Understanding Adult ADHD (2 of 2) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 10)

JANUARY 2026

MONDAY 26TH	TUESDAY 27TH	WEDNESDAY 28TH	THURSDAY 29TH	FRIDAY 30TH
10:30am - 12.30pm Exploring and Better Understanding Bereavement and Loss (1 of 2) 2pm - 4pm Exploring and Better Understanding Self Doubt and Mental Health (1 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (3 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (3 of 10)	10:30am - 12:30pm Exploring the Healing Power of Nature (3 of 4) 2pm - 4pm Relaxing Crafting (3 of 5)	10:30am - 12:30pm Finding Your Purpose in Life (1 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (3 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (3 of 10)	10:30am - 12:45pm Food and Mood (1 of 4) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (3 of 5)	10:30am - 12.30pm Exploring and Better Understanding Phobias 10am - 11am Easy Mindful Yoga Bracknell Library (3 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (3 of 5) 2pm - 4pm The Road to Self Acceptance 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 10)

FEBRUARY 2026

MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
10:30am - 12.30pm Exploring and Better Understanding Bereavement and Loss (2 of 2) 2pm - 4pm Exploring and Better Understanding Self Doubt and Mental Health (2 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (4 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (4 of 10)	10:30am - 12:30pm Exploring the Healing Power of Nature (4 of 4) 2pm - 4pm Relaxing Crafting (4 of 5)	10:30am - 12:30pm Finding your Purpose in Life (2 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (4 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (4 of 10)	10:30am - 12:45pm Food and Mood (2 of 4) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (4 of 5)	10:30am - 12.30pm Exploring and Better Understanding Men's Mental Health (1 of 2) 10am - 11am Easy Mindful Yoga Bracknell Library (4 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (4 of 5) 2pm - 4pm Using ADHD as a Super Power (1 of 2) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 10)

FEBRUARY 2026

MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
10:30am - 12:30pm Self Compassion 2pm - 4pm Finding Joy in Being Alone 2pm - 3pm Movement for Wellbeing South Hill Park (5 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (5 of 10)	10:30am - 12:30pm Making Friends as an Adult (1 of 2) 2pm - 4pm Relaxing Crafting (5 of 5)	10:30am - 12:30pm Mindful Journaling (1 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (5 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (5 of 10)	10:30am - 12:45pm Food and Mood (3 of 4) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (5 of 5)	10:30am - 12.30pm Exploring and Better Understanding Men's Mental Health (2 of 2) 10am - 11am Easy Mindful Yoga Bracknell Library (5 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (5 of 5) 2pm - 4pm Using ADHD as a Super Power (2 of 2) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 10)
HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM

FEBRUARY 2026

MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
10:30am - 11:30am OR 11:45am - 12:45pm Introduction to Building My Foundations to Wellbeing 2pm - 4pm Grieving Living Losses 2pm - 3pm Movement for Wellbeing South Hill Park (6 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (6 of 10)	10:30am - 12:30pm Making Friends as an Adult (2 of 2) 2pm - 4pm Relaxing Crafting (1 of 5)	10:30am - 12:30pm Mindful Journaling (2 of 2) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (6 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (6 of 10)	10:30am - 12:45pm Food and Mood (4 of 4) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (1 of 5)	10:30am - 12:30pm Exploring and Better Understanding OCD 10am - 11am Easy Mindful Yoga Bracknell Library (1 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (1 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 10)

MARCH 2026

MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
10:30am - 1pm Building My Foundations to Wellbeing (1 of 7) 2pm - 4pm Exploring and Better Understanding PTSD 2pm - 3pm Movement for Wellbeing South Hill Park (7 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (7 of 10)	10:30am - 12:30pm Jigsaw of Self Discovery (1 of 2) 2pm - 4pm Relaxing Crafting (2 of 5)	10:30am - 1pm Building My Foundations to Wellbeing (2 of 7) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun & Wellbeing St Joseph's Church Hall (7 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (7 of 10)	10:30am - 12:30pm Exploring and Better Understanding Stress and Anxiety (1 of 2) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (2 of 5)	10:30am - 12:30pm Building Confidence and Managing Relationships (1 of 3) 10am - 11am Easy Mindful Yoga Bracknell Library (2 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (2 of 5) 2pm - 4pm Designing a Recovery Vision Board (1 of 3) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 10)

MARCH 2026

MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
10:30am - 1pm Building My Foundations to Wellbeing (3 of 7) 2pm - 4pm Exploring and Better Understanding Emotional Boundaries (1 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (8 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (8 of 10)	10:30am - 12:30 pm Jigsaw of Self Discovery (2 of 2) 2pm - 4pm Relaxing Crafting (3 of 5)	10:30am - 1pm Building My Foundations to Wellbeing (4 of 7) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (8 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (8 of 10)	10:30am - 12:30pm Exploring and Better Understanding Stress and Anxiety (2 of 2) 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (3 of 5)	10:30am - 12:30pm Building Confidence and Managing Relationships (2 of 3) 10am - 11am Easy Mindful Yoga Bracknell Library (3 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (3 of 5) 2pm - 4pm Designing a Recovery Vision Board (2 of 3) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 10)

MARCH 2026

MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
10:30am - 1pm Building My Foundations to Wellbeing (5 of 7) 2pm - 4pm Exploring and Better Understanding Emotional Boundaries (2 of 2) 2pm - 3pm Movement for Wellbeing South Hill Park (9 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (9 of 10)	10:30am - 12:30pm Exploring Mental Health and Addictions (1 of 2) 2pm - 4pm Relaxing Crafting (4 of 5)	10:30am - 1pm Building My Foundations to Wellbeing (6 of 7) 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun & Wellbeing St Joseph's Church Hall (9 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (9 of 10)	10:30am - 12:30pm Exploring Inner Strengths and Self Belief 1:30pm - 3pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (4 of 5)	10:30am - 12:30pm Building Confidence and Managing Relationships (3 of 3) 10am - 11am Easy Mindful Yoga Bracknell Library (4 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (4 of 5) 2pm - 4pm Designing a Recovery Vision Board (3 of 3) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 10)

MARCH 2026

MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
10:30am - 1pm Building My Foundations to Wellbeing (7 of 7) 2pm - 4pm Managing Change Positively 2pm - 3pm Movement for Wellbeing South Hill Park (10 of 10) 2pm - 4pm Social, Games and Book Club St Joseph's Church Hall (10 of 10)	10:30am - 12:30pm Exploring Mental Health and Addictions (2 of 2) 2pm - 4pm Relaxing Crafting (5 of 5)	10:30am - 12:30pm Exploring and Better Understanding Thoughts of Suicide 10:30am - 2pm Gardening at Jealotts Hill 1:30pm - 3pm Singing for Fun & Wellbeing St Joseph's Church Hall (10 of 10) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 10) 3:30pm - 4:30pm Beginners Singing for Fun & Wellbeing St Joseph's Church Hall (10 of 10)	10:30am - 12:30pm Exploring and Better Understanding Forgiveness 1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 5) 2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 10) 3:30pm - 4:30pm Make an Artist book and Zine (5 of 5)	10:30am - 12:30pm Relaxing Easter Card Making 10am - 11am Easy Mindful Yoga Bracknell Library (5 of 5) 11:15am - 12:15pm Easy Seated Yoga Bracknell Library (5 of 5) 2pm - 4pm Relaxing Easter Card Making 2pm - 3pm & 3pm 4pm Beginners Guitar Lessons (10 of 10)