

SEPTEMBER 2024

MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
<p>10:30am - 11:30am OR 12pm - 1pm Introduction to Foundations of Recovery</p> <p>2pm - 4pm Understanding and Managing Stress and Anxiety (1 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (1 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm Exploring Body Image</p> <p>10am or 11am or 12pm One to One Sessions For Better Money Management</p> <p>2pm - 4pm Mindful Card Making & Paper Crafting (1 of 6)</p>	<p>10:30am - 12:30pm Mindful Journaling (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (1 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (1 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Healing with Nature (1 of 4)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (1 of 6)</p>	<p>10:30am - 1:00pm Foundations of Recovery (1 of 7)</p> <p>2pm - 4pm Understanding and Managing Neurodiversity (1 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (1 of 12)</p>

SEPTEMBER 2024

MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
<p>10:30am - 1:00pm Foundations of Recovery (2 of 7)</p> <p>2pm - 4pm Understanding and Managing Stress and Anxiety (2 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (2 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm Understanding and Managing Mental Health and Self Doubt</p> <p>2pm - 4pm Mindful Card Making and Paper Crafting (2 of 6)</p>	<p>10:30am - 12:30pm Mindful Journaling (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (2 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (2 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Developing Self Compassion</p> <p>10:30am - 1pm Healing with Nature (2 of 4)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (2 of 6)</p>	<p>10:30am - 1:00pm Foundations of Recovery (3 of 7)</p> <p>2pm - 4pm Understanding and Managing Neurodiversity (2 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (2 of 12)</p>

SEPTEMBER / OCTOBER 2024

MONDAY 30TH	TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH
<p>10:30am - 1:00pm Foundations of Recovery (4 of 7)</p> <p>2pm - 4pm Understanding and Managing Adverse Childhood Experiences</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (3 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm Using ADHD as a Superpower</p> <p>10am or 11am or 12pm One to One Sessions For Better Money Management</p> <p>2pm - 4 pm Mindful Card Making and Paper Crafting (3 of 6)</p>	<p>10:30am - 12:30pm More Mindful Communication</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (3 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (3 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Healing with Nature (3 of 4)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (3 of 6)</p>	<p>10:30am - 1:00pm Foundations of Recovery (5 of 7)</p> <p>2pm - 4pm Understanding and Managing PTSD</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (3 of 12)</p>

OCTOBER 2024

MONDAY 7TH	TUESDAY 8TH	WEDNESDAY 9TH	THURSDAY 10TH	FRIDAY 11TH
<p>10:30am - 1:00pm Foundations of Recovery (6 of 7)</p> <p>2pm - 4pm Understanding and Managing Trauma (1 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (4 of 11) (South Hill Park)</p>	<p>10:30am - 12.30pm Building Confidence and Managing Relationships (1 of 3)</p> <p>2pm - 4pm Mindful Card Making and Paper Crafting (4 of 6)</p>	<p>10:30am - 12:30pm Moving Beyond Labels</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (4 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (4 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Healing with Nature (4 of 4)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (4 of 6)</p>	<p>10:30am - 1:00pm Foundations of Recovery (7 of 7)</p> <p>2pm - 4pm Understanding and Managing Trauma (2 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (4 of 12)</p>

OCTOBER 2024

MONDAY 14TH	TUESDAY 15TH	WEDNESDAY 16TH	THURSDAY 17TH	FRIDAY 18TH
<p>10:30am - 12:30pm Understanding and Managing ADHD (1 of 2)</p> <p>2pm - 4pm Understanding and Managing Autism</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (5 of 11) (South Hill Park)</p>	<p>10:30am - 12.30pm Building Confidence and Managing Relationships (2 of 3)</p> <p>2pm - 4pm Mindful Card Making and Paper Crafting (5 of 6)</p>	<p>10:30am - 12:30pm Wellbeing Recovery Action Plan (1 of 5)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (5 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (5 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Slumber Science (1 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (5 of 6)</p>	<p>10:30am - 12:30pm Understanding and Managing Social Anxiety</p> <p>2pm - 4pm Understanding and Managing Panic</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (5 of 12)</p>

NOVEMBER 2024

MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH
<p>10:30am - 1:00pm Foundations of Recovery (1 of 7)</p> <p>2pm - 4pm Understanding and Managing Emotional Boundaries (1 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (6 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm Understanding and Managing Personality Disorders (1 of 2)</p> <p>2pm - 4pm Mindful Card Making and Paper Crafting (1 of 6)</p>	<p>10:30am - 12:30pm Wellbeing Recovery Action Plan (3 of 5)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (7 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (7 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:45pm Food and Mood (1 of 4)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (1 of 6)</p>	<p>10:30am - 1:00pm Foundations of Recovery (2 of 7)</p> <p>2pm - 4pm Understanding and Managing Bereavement and Loss (1 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (7 of 12)</p>

NOVEMBER 2024

MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH
<p>10:30am - 1:00pm Foundations of Recovery (3 of 7)</p> <p>2pm - 4pm Understanding and Managing Emotional Boundaries (2 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (7 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm Understanding and Managing Personality Disorders (2 of 2)</p> <p>10am or 11am or 12pm One to One Sessions For Better Money Management</p> <p>2pm - 4pm Mindful Card Making and Paper Crafting (2 of 6)</p>	<p>10:30am - 12:30pm Wellbeing Recovery Action Plan (4 of 5)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (8 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (8 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:45pm Food and Mood (2 of 4)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (2 of 6)</p>	<p>10:30am - 1:00pm Foundations of Recovery (4 of 7)</p> <p>2pm - 4pm Understanding and Managing Bereavement and Loss (2 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (8 of 12)</p>

NOVEMBER 2024

MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND
<p>10:30am - 1:00pm Foundations of Recovery (5 of 7)</p> <p>2pm - 4pm Understanding and Managing Depression and Low Mood (1 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (8 of 11) (South Hill Park)</p>	<p>10:30am - 12.30pm The Road to Self Acceptance</p> <p>2pm- 4 pm Mindful Card Making and Paper Crafting (3 of 6)</p>	<p>10:30am - 12:30pm Wellbeing Recovery Action Plan (5 of 5)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (9 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (9 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:45 pm Food and Mood (3 of 4)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (3 of 6)</p>	<p>10:30am - 1:00pm Foundations of Recovery (6 of 7)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (3 of 12)</p>

NOVEMBER 2024

MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH
<p>10:30am - 1:00pm Foundations of Recovery (7 of 7)</p> <p>2pm - 4pm Understanding and Managing Depression and Low Mood (2 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (9 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm Finding Joy in Being Alone</p> <p>2pm - 4pm Mindful Card Making and Paper Crafting (4 of 6)</p>	<p>10:30am - 12.30pm Jigsaw of Self Discovery (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (10 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (10 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:45pm Food and Mood (4 of 4)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (4 of 6)</p>	<p>10:30am - 12.30pm Being a Parent with Mental Health Challenges</p> <p>2 pm - 4pm Exploring the Language of Emotions</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (10 of 12)</p>

DECEMBER 2024

MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
<p>10:30am - 12:30pm Using Vision Boards to Achieve Goals (1 of 3)</p> <p>2pm - 4pm Exploring Forgiveness</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (10 of 11) (South Hill Park)</p>	<p>10:30am - 12.30pm The Power of Positivity</p> <p>10am or 11am or 12pm One to One Sessions For Better Money Management</p> <p>2pm - 4pm Mindful Card Making and Paper Crafting (5 of 6)</p>	<p>10:30am - 12.30pm Jigsaw of Self Discovery (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (11 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (11 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12.30pm Building Resilience</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (5 of 6)</p>	<p>10:30am - 12:30pm Using Vision Boards to Achieve Goals (2 of 3)</p> <p>2 pm- 4pm Digital Detox for Better Mental Health</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (11 of 12)</p>

DECEMBER 2024

MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
<p>10:30am - 12:30pm Using Vision Boards to Achieve Our Goals (3 of 3)</p> <p>2pm - 4pm The Science of Happiness (1 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (11 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm Exploring Feelings of Abandonment</p> <p>2pm - 4pm Mindful Card Making and Paper Crafting (6 of 6)</p>	<p>10:30am - 12:30pm Coping with the Festive Season</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Singing for Fun & Wellbeing (12 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (12 of 12)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Christmas Card Making</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (6 of 6)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (6 of 6)</p>	<p>10:30am - 12:30pm Better ways to Manage Conflict</p> <p>2pm - 4pm The Science of Happiness (2 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (12 of 12)</p>