

|           | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|-----------|--|--|--|---|--|
| Morning   | <b>Spud Club</b><br>10am - 12-30pm   | Centre Closed                                  | <b>Games, Knit and Natter Group</b><br>10-30am - 12pm<br><br><b>Music Appreciation</b><br>10-30am - 12pm | <b>Hearing Voices Group</b><br>1st August<br>11am - 12pm<br><br><b>Collage Course</b><br>8th, 15th, 22nd, 29th August<br>5th and 12th September<br>10am - 12pm<br><br><b>New Referral Drop in</b><br>15th August<br>10-30am - 11-30am | <b>Positive Projects</b><br>10:30am - 12pm                                       |
| Afternoon | <b>Wellness with Peer Group</b><br>5th, 19th and 26th August<br>1-30 - 3pm | <b>Creative Art for Wellbeing</b><br>1pm - 3pm | Centre Closed  | <b>Support Circle</b><br>1st, 22nd and 29th August<br>1pm - 2pm<br><br><b>Client meeting</b><br>15th August<br>1pm to 2pm   | <b>Client Led Drama Group</b><br>1pm - 2pm<br><br><b>Card Group</b><br>1pm - 3pm |

**Please note:** In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.