

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Community Drop In</b> 10.30am - 12pm	<b>Managing Anxiety</b> 10.30am - 12pm	<b>Games, Knit and Natter Group</b> 10.30am - 12pm  <b>Music Appreciation</b> 10.30am - 12pm	<b>Hearing Voices Group</b> 20th 11am - 12pm  <b>New Referral Drop in</b> 6th and 27th 11am - 12pm	<b>Staff Led Interactive Games</b> 10.30am - 12pm
Afternoon	<b>Wellness Toolbox</b> 1pm - 2.30pm	<b>Working in Colour</b> 4th and 11th 12.30 - 3pm  <b>Art Group</b> 18th and 25th 1pm - 3pm	<b>Mosaic Workshop</b> 1pm - 3pm	<b>Support Circle</b> 1pm - 2pm  <b>Q&amp;A with UOK about the Wellbeing Centres</b> Hosted by: Stuart Reid (Lead Provider) Supported by: a Senior Southdown manager Date: 13th February Time: 2pm - 3pm	<b>Confidence Inspiring Drama Group</b> 14th and 28th 1pm - 3pm  <b>7th and 21st</b> 1pm - 2pm  <b>Relaxation Group</b> 7th and 21st 2pm - 2.30pm  <b>Card Group</b> 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.