

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Coffee and Cake morning 10am - 12pm	Managing Anxiety 10.30 - 12pm	Games, Knit and Natter Group 10.30am - 12pm Music Appreciation 10.30am - 12pm Centre Closed 1st	Hearing Voices Group 16th 11am - 12pm New Referral Drop in 9th and 30th 11am - 12pm	Community Drop in 10.30am - 12pm
Afternoon	Community Drop in 1pm - 3pm	Working in Colour 7th, 14th, 21st, 28th 12.30 - 3pm	Mosaic Workshop 1pm - 3pm	Support Circle 1pm - 2pm	Confidence Inspiring Drama Group 3rd, 17th, 31st 1pm - 3pm 10th and 24th 1pm - 2pm Relaxation Group 10th and 24th 2pm - 2.30pm Card Group 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.