Southdown 🥕

Mental Health

## **Newhaven Wellbeing Centre Timetable**

March 2025

Open: Monday to Friday - 10am-3pm

	Monday	Tuesday	Wednesday	Thursday	Friday
	Community Drop In	Managing Anxiety	Games, Knit and Natter Group	Hearing Voices Group	Clay Group
	10.30 - 12pm	4th, 11th and 18th	10.30am - 12pm	20th	10am - 12pm
		10.30 - 12pm		11am - 12pm	
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Morning		Felting	Music Appreciation	New Referral Drop in	
ing		25th	10.30am - 12pm	13th and 27th	
		10am - 12pm		11am - 12pm	
	Wellness Toolbox	Art Group	Community Art Project	Support Circle	Card Group
	1pm - 2.30pm	1pm - 3pm	1pm - 3pm	1pm - 2pm	1pm - 2pm
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Afternoon					
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**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.

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www.southdown.org/wellbeingCentresESCN

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