

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Community Drop In</b> 10.30 - 12pm	<b>Managing Anxiety</b> 4th, 11th and 18th 10.30 - 12pm  <b>Felting</b> 25th 10am - 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> 13th and 27th 11am - 12pm	<b>Clay Group</b> 10am - 12pm
Afternoon	<b>Wellness Toolbox</b> 1pm - 2.30pm	<b>Art Group</b> 1pm - 3pm	<b>Community Art Project</b> 1pm - 3pm	<b>Support Circle</b> 1pm - 2pm	<b>Card Group</b> 1pm - 2pm

**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.