

# September 2024

\* online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					1
2	3 10am – 11.30am: Recovering Together	4 1.30pm – 2.30pm: Focus Group (Coping with Change)	5 10am – 12pm: Improving Self-Esteem	6 10am – 12pm: Bring Your Own Craft	7/8
9 11am – 12.30pm: Recovering Together 6pm – 7.30pm: Getting a Good Night's Sleep*	10	11 1pm – 2.30pm: Managing Low Mood (1/2)	12 11am – 12.30pm: Shared Reading Taster	13 10am – 11.30am: Journal Together	14/15
16 6.30pm – 8pm: Recovering Together*	17	18 1pm – 2.30pm: Managing Low Mood (2/2)	19	20 10am – 12pm: Bring Your Own Craft	21/22
23 11am – 12.30pm: Recovering Together	24 10am – 11am: Getting Started in Groups  11am – 12pm: Drop In	25 1.30pm – 3pm: 18 – 30 Peer Support Group	26 11am – 12pm: Hearing Voices Group*	27	28/29
30 12.30pm – 2.30pm: Navigating Social Interactions					

# October 2024

\* online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	1 10am – 11.30am: Recovering Together	2 6.30pm – 8pm: Managing Anxiety (1/3)*	3	4 10am – 12pm: Bring Your Own Craft	5/6
7	8 1.30pm – 3.30pm: Coping with Stress*	9 6.30pm – 8pm: Managing Anxiety (2/3)*	10	11 10am – 11.30am: Journal Together	12/13
14 11am – 12.30pm: Recovering Together	15	16 6.30pm – 8pm: Managing Anxiety (3/3)*	17 10am – 11am: Focus Group*	18 10am – 12pm: Bring Your Own Craft	19/20
21 10am – 11am: Getting Started in Groups* 6.30pm – 8pm: Recovering Together*	22 10am – 11.30am: Making Good Habits Stick (1/2)	23	24 11am – 12pm: Hearing Voices Group*	25 10am – 12pm: Art for Wellbeing: Exploring Colour Mixing Through Landscapes	26/27
28 11am – 12.30pm: Recovering Together	29 10am – 11.30am: Making Good Habits Stick (2/2)	30 1.30pm – 3pm: 18 – 30 Peer Support Group	31 10am – 11.30am: Coping with Bereavement (1/3)		

# November 2024

\* online session



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				1 10am – 12pm: Bring Your Own Craft	2/3
4 10am – 12pm: Understanding Sensory Differences	5 10am – 11.30am: Recovering Together	6	7 10am – 11.30am: Coping with Bereavement (2/3)	8 10am – 11.30am: Journal Together: Vision Boards Special	9/10
11 11am – 12.30pm: Recovering Together	12 1.30pm – 3.30pm: Managing Anxiety (1/3)	13	14 10am – 11.30am: Coping with Bereavement (3/3)	15 10am – 12pm: Bring Your Own Craft	16/17
18 6.30pm – 8pm: Recovering Together*	19 1.30pm – 3.30pm: Managing Anxiety (2/3)	20 1.30pm – 2.30pm: Focus Group	21 2.30pm – 3.30pm: Getting Started in Groups 3.30pm – 4.30pm: Drop In	22	23/24
25 11am – 12.30pm: Recovering Together	26 1.30pm – 3.30pm: Managing Anxiety (3/3)	27 1.30pm – 3pm: 18 – 30 Peer Support Group 6.30pm – 8pm: Being Kind to Ourselves (1/3)*	28 11am – 12pm: Hearing Voices Group*	29 10am – 12pm: Art for Wellbeing: Monoprints and Collographs	30

# December 2024

\* online session



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					1
2 12.30pm – 2.30pm: Journal for Wellbeing (1/2)	3 10am – 11.30am: Recovering Together (Earley)	4 6.30pm – 8pm: Being Kind to Ourselves (2/3)*	5 10am – 12pm: Improving Self- Esteem*	6 10am – 12pm: Bring Your Own Craft	7/8
9 12.30pm – 2.30pm: Journal for Wellbeing (2/2) 11am – 12.30pm: Recovering Together	10	11 6.30pm – 8pm: Being Kind to Ourselves (3/3)*	12 10am – 11.30am: Understanding Emotions (1/2) 11am – 12pm: Hearing Voices Group*	13 10am – 11.30am: Journal Together	14/15
16 6.30pm – 8pm: Recovering Together*	17 1.30pm – 2.30pm: Focus Group*	18 1.30pm – 3pm: 18 – 30 Peer Support Group	19 10am – 11.30am: Understanding Emotions (2/2)	20 10am – 12pm: Bring Your Own Craft	21/22
23	24	25	26	27	28/29
30	31				