

January

* online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
				10am – 12pm: Bring Your Own Craft
06	07	08	09	10
	10am – 11.30am: Coffee Morning			10am – 11.30am: Journal Together
13	14	15	16	17
11am – 12.30pm: Recovering Together 6pm-7.30pm: Getting a Good Night's Sleep*	1pm – 2.30pm: Being Kind to Ourselves (1/3)		10am – 12pm: Coping with Stress	10am – 12pm: Bring Your Own Craft
20	21	22	23	24
6.30pm – 8pm: Recovering Together*	1pm – 2.30pm: Being Kind to Ourselves (2/3)	1pm – 3pm: Navigating Social Interactions	11am – 12pm: Hearing Voices Group*	10am – 12pm: Art for Wellbeing
27	28	29	30	31
11am – 12.30pm: Recovering Together	10am – 11.30am: Managing Chronic Pain* (1/3) 1pm – 2.30pm: Being Kind to Ourselves (3/3)		10am – 11am: Getting Started in Groups 11am – 12pm: Drop in	

February

* online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
	10am – 11.30am: Managing Chronic Pain* (2/3) 10am – 11.30am: Coffee Morning	1.30pm – 2.30pm: Workshop Design Session* 6.30pm – 8pm: Managing Anxiety* (1/3)		10am – 12pm: Bring Your Own Craft
10	11	12	13	14
11am – 12.30pm: Recovering Together	10am – 11.30am: Managing Chronic Pain* (3/3)	6.30pm – 8pm: Managing Anxiety* (2/3)	10am – 11.30am: Managing Low Mood (1/2)	10am – 11.30am: Journal Together
17	18	19	20	21
6.30pm – 8pm: Recovering Together*		6.30pm – 8pm: Managing Anxiety* (3/3)	10am – 11.30am: Managing Low Mood (1/2)	10am – 12pm: Bring Your Own Craft 10am – 12pm: Volunteer Training (1/8)
24	25	26	27	28
11am – 12.30pm: Recovering Together	1.30pm – 3pm: Five Ways to Wellbeing		11am – 12pm: Hearing Voices Group*	10am – 12pm: Art for Wellbeing 10am – 12pm: Volunteer Training (2/8)

March

* online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
	10am – 11.30am: Coffee Morning (Earley) 6pm – 7.30pm: Improving Self-Esteem*		10am – 12pm: Coping with Change	10am – 12pm: Bring Your Own Craft 10am – 12pm: Volunteer Training (3/8)
10	11	12	13	14
11am – 12.30pm: Recovering Together	10am – 11.30am: Making Good Habits Stick (1/2) 10am – 11am: Getting Started in Groups 11am – 12pm: Drop in		6.30pm – 8pm: Understanding Emotions* (1/2)	10am – 11.30am: Journal Together 10am – 12pm: Volunteer Training (4/8)
17	18	19	20	21
6.30pm – 8pm: Recovering Together*	10am – 11.30am: Making Good Habits Stick (1/2)	1.30pm – 2.30pm: Workshop Design Session	6.30pm – 8pm: Understanding Emotions* (2/2)	10am – 12pm: Bring Your Own Craft 10am – 12pm: Volunteer Training (5/8)
24	25	26	27	28
11am – 12.30pm: Recovering Together			11am – 12pm: Hearing Voices Group*	10am – 12pm: Art for Wellbeing 10am – 12pm: Volunteer Training (6/8)
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April

* online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02	03	04
	10am – 11.30am: Coffee Morning		10am – 12pm: Managing Anxiety (1/3)	10am – 12pm: Bring Your Own Craft 10am – 12pm: Volunteer Training (7/8)
07	08	09	10	11
		1.30pm – 3.30pm: Understanding Sensory Differences	10am – 12pm: Managing Anxiety (1/3)	10am – 11.30am: Journal Together 10am – 12pm: Volunteer Training (8/8)
14	15	16	17	18
11am – 12.30pm: Recovering Together	10am – 11am: Workshop Design Session*	6pm – 7.30pm: Journaling for Wellbeing (1/2)	10am – 12pm: Managing Anxiety (1/3)	
21	22	23	24	25
		6pm – 7.30pm: Journaling for Wellbeing (1/2)	11am – 12pm: Hearing Voices Group*	10am – 12pm: Art for Wellbeing
28	29	30		
11am – 12.30pm: Recovering Together				