

# September

Blue = in person
Black = online

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8	9 11am-12pm: Hearing Voices Group 2.30pm - 4.30pm: Wellbeing Welcome	10	11
12	13 11am-12.30pm: Supported Employment 1.30pm - 3pm: Recovering Together	14 1pm-2.15pm: Coping w/ Change 1	15	16	17	18
19	20	21 1pm - 2.15pm: Coping w/ Change 2	22	23	24	25
26	27 1.30pm - 3pm: Recovering Together	28 10am -11am: Have Your Say	29 1.30pm - 3pm: Friends & Family Support Group	30 11am-12.30pm: Hearing Voices Group 2pm - 4pm: Expression w/ Art 1		

# October

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SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5 10am - 11.30am: Being Kind to Ourselves 1	6 4pm - 5pm: Becoming More Resilient 1	7 10am-11.30am: Getting a Good Night's Sleep 2pm - 4pm: Expression w/ Art 2	8	9
10	11 11am-12.30pm: CV Writing 1.30pm - 3pm: Recovering Together	12 10am - 11.30am: Being Kind to Ourselves 2	13 4pm - 5pm: Becoming More Resilient 2	14 11am-12.30pm: Hearing Voices Group 2pm - 4pm: Expression w/ Art 3	15	16
17	18	19 10am - 11.30am: Being Kind to Ourselves 3	20 4pm - 5pm: Becoming More Resilient 3	21 2pm - 4pm: Expression w/ Art 4	22	23
24	25 1.30pm - 3pm: Recovering Together	26	27 1.30pm - 3pm: Friends & Family Support Group	28 11am-12.30pm: Hearing Voices Group 3pm - 4pm: Have Your Say	29	30

# November

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SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2 10am - 12pm: Volunteer Training 1 1.30pm - 3.30pm: Crafty Creations 1	3	4 2.30pm - 3.30pm: Music & the Mind 1	5	6
7	8 1.30pm - 3pm: Recovering Together	9 10am - 12pm: Volunteer Training 2 1.30pm - 3.30pm: Crafty Creations 2	10 2pm - 4pm: Improving Self-Esteem	11 11am - 12.30pm: Hearing Voices Group 10am - 11am: Stress Less 1 2.30pm - 3.30pm: Music & the Mind 2	12	13
14	15 11am - 12.30pm: Interview Skills	16 10am - 12pm: Volunteer Training 3 1.30pm - 3.30pm: Crafty Creations 3	17 2pm - 3pm: Have Your Say	18 10am - 11am: Stress Less 2	19	20
21	22 10am - 11.30am: Understanding Psychosis 1 1.30pm - 3pm: Recovering Together	23 10am - 12pm: Volunteer Training 4 1.30pm - 3.30pm: Crafty Creations 4	24 1.30pm - 3pm: Friends & Family Support Group	25 11am - 12.30pm: Hearing Voices Group 10am - 11am: Stress Less 3	26	27
28	29 10am - 11.30am: Understanding Psychosis 2	30 10am - 12pm: Volunteer Training 5				

# December

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SUN	MON	TUES	WED	THURS	FRI	SAT
			1 2pm - 3.30pm: Managing Anxiety 1	2 10am - 11am: Stress Less 4 2pm - 3.30pm: Managing Low Mood 1	3	4
5	6 1.30pm - 3pm: Recovering Together	7	8 2pm - 3.30pm: Managing Anxiety 2	9 11am - 12.30pm: Hearing Voices Group 2pm - 3.30pm: Managing Low Mood 2	10	11
12	13 11am - 12.30pm: Benefits of Volunteering	14 10am - 11am: Have Your Say	15 2pm - 3.30pm: Managing Anxiety 3	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	