

January 2024

*online

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--|--|--|--|--|--------------|
| 1 | 2 | 3 1.30pm – 3pm: Family and Friends Support Group | 4 | 5 10am – 12pm: Bring Your Own Craft | 6/7 |
| 8 11am – 12.30pm: Recovering Together | 9 | 10 | 11 11am – 12.30pm: Hearing Voices Group 6pm – 7.30pm: Understanding Emotions (1/2)* | 12 10am – 11.30am: Journal Together 2pm – 3.30pm: Age 18-25 Peer Support Group* | 13/14 |
| 15 11am – 12.30pm: Recovering Together* | 16 2pm – 3.30pm: Managing Anxiety (1/3)* | 17 | 18 11am-12pm: Have Your Say 6pm – 7.30pm: Understanding Emotions (2/2)* | 19 10am – 12pm: Bring Your Own Craft | 20/21 |
| 22 11am – 12.30pm: Recovering Together | 23 2pm – 3.30pm: Managing Anxiety (2/3)* | 24 2pm – 3.30pm: Managing Low Mood (1/2) | 25 11am – 12pm: Hearing Voices Group* 6pm – 8pm: Bring Your Own Craft* | 26 | 27/28 |
| 29 1.30pm – 2.30pm: Getting Started in Groups* | 30 2pm – 3.30pm: Managing Anxiety (3/3)* | 31 2pm – 3.30pm: Managing Low Mood (2/2) | | | |
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February 2024

*online

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--|--|---|--|--|---------|
| | | | 1 | 2 10am – 12pm: Bring Your Own Craft | 3/4 |
| 5 | 6 10am – 11.30am: Recovering Together | 7 1.30pm – 3pm: Family and Friends Support Group | 8 11am – 12.30pm: Hearing Voices Group | 9 10am – 11.30am: Journal Together 2pm – 3.30pm: Age 18-25 Peer Support Group* | 10/11 |
| 12 11am – 12.30pm: Recovering Together | 13 | 14 | 15 10am – 11.30am: Making Good Habits Stick (1/2) | 16 10am – 12pm: Bring Your Own Craft | 17/18 |
| 19 11am – 12.30pm: Recovering Together* | 20 2pm – 3.30pm: Being Kind to Ourselves (1/3)* | 21 1.30pm – 3.30pm: Journaling for Wellbeing (1/2) | 22 10am – 11.30am: Making Good Habits Stick (2/2) 11am – 12pm: Hearing Voices Group* 6pm – 8pm: Bring Your Own Craft* | 23 10am – 11am: Getting Started in Groups 11am – 12pm: Drop In 2pm – 4pm: Art for Wellbeing | 24/25 |
| 26 11am – 12.30pm: Recovering Together | 27 2pm – 3.30pm: Being Kind to Ourselves (2/3)* | 28 1.30pm – 3.30pm: Journaling for Wellbeing (2/2) | 29 | | |
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March 2024

*online

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--|---|--|---|---|--------------|
| | | | | 1 10am – 12pm: Bring Your Own Craft | 2/3 |
| 4 1.30pm – 3.30pm: Compassionate Communication (1/3)* | 5 10am – 11.30am: Recovering Together 2pm – 3.30pm: Being Kind to Ourselves (3/3)* | 6 1.30pm – 3pm: Family and Friends Support Group | 7 10am – 11.30am: Food & Mood (1/3) 11am – 12.30pm: Hearing Voices Group | 8 10am – 11.30am: Journal Together 2pm – 3.30pm: Age 18-25 Peer Support Group* | 9/10 |
| 11 11am – 12.30pm: Recovering Together 1.30pm – 3.30pm: Compassionate Communication (2/3)* | 12 10am – 12pm: Managing Anxiety (1/3) | 13 1.30pm – 3pm: Getting A Good Night's Sleep | 14 10am – 11.30am: Food & Mood (2/3) | 15 10am – 12pm: Bring Your Own Craft | 16/17 |
| 18 11am – 12.30pm: Recovering Together* 1.30pm – 3.30pm: Compassionate Communication (3/3)* | 19 10am – 12pm: Managing Anxiety (2/3) | 20 | 21 10am – 11.30am: Food & Mood (3/3) 11am – 12pm: Hearing Voices Group* | 22 10am – 11am: Getting Started in Groups* | 23/24 |
| 25 11am – 12.30pm: Recovering Together | 26 10am – 12pm: Managing Anxiety (3/3) | 27 | 28 10am – 12pm: Improving Self-Esteem 6pm – 8pm: Bring Your Own Craft* | 29 | 30/31 |
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April 2024

*online

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|---|---|---|--|--------------|
| 1 | 2 10am – 11.30am: Recovering Together 1pm – 2.30pm: Managing Low Mood (1/2)* | 3 1.30pm – 3pm: Family and Friends Support Group | 4 | 5 10am – 12pm: Bring Your Own Craft | 6/7 |
| 8 11am – 12.30pm: Recovering Together | 9 1pm – 2.30pm: Managing Low Mood (2/2)* | 10 | 11 11am – 12.30pm: Hearing Voices Group | 12 10am – 11.30am: Journal Together 2pm – 3.30pm: Age 18-25 Peer Support Group* | 13/14 |
| 15 11am – 12.30pm: Recovering Together* | 16 | 17 | 18 1.30pm – 3.30pm: Coping with Stress | 19 10am – 12pm: Bring Your Own Craft | 20/21 |
| 22 11am – 12.30pm: Recovering Together | 23 | 24 1.30pm – 2.30pm: Getting Started in Groups 2.30pm – 3.30pm: Drop In | 25 11am – 12pm: Hearing Voices Group* 6pm – 8pm: Bring Your Own Craft* | 26 2pm – 4pm: Art for Wellbeing | 27/28 |
| 29 | 30 | 31 | | | |
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