

# May 2025

\*online sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
			1	2 10am – 12pm: Bring Your Own Craft	3/4
5 BANK HOLIDAY	6 10am – 11.30am: WRC Coffee Morning	7  6pm – 8pm: Navigating Social Interactions*	8 10am-12pm: Coping with Stress	9 10am – 11.30am: Journal Together	10/11
12 11am – 12.30pm: Recovering Together	13	14 1.30pm – 2.30pm: Getting Started in Groups 2.30pm – 3.30pm: Drop in	15 10am – 12pm; Art for Wellbeing	16 10am – 12pm: Bring Your Own Craft	17/18
19 11am – 12.30pm: Recovering Together*	20 10am – 11.30am: Managing Low Mood (1/2)*	21	22 11am – 12pm: Hearing Voices Group*	23 10am-12pm: Art for Wellbeing	24/25
26 BANK HOLIDAY	27 10am – 11.30am: Managing Low Mood (2/2)*	28	29 1.30pm – 3.30pm: Improving Self-Esteem	30	31

# June 2025

\*online sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					/1
<b>2</b> 11am – 12.30pm: Chronic Pain Peer Support Group* 6pm – 8pm: Understanding Sensory Differences*	<b>3</b> 10am – 11.30am: WRC Coffee Morning	<b>4</b>	<b>5</b>	<b>6</b> 10am – 12pm: Bring Your Own Craft	<b>7/8</b>
<b>9</b> 11am – 12.30pm: Recovering Together	<b>10</b>	<b>11</b>	<b>12</b> 10am – 12pm: Menstrual and Mental Health	<b>13</b> 10am – 11.30am: Journal Together	<b>14/15</b>
<b>16</b> 11am – 12.30pm: Recovering Together*	<b>17</b> 1pm – 2.30pm: Managing Anxiety (1/3)*	<b>18</b> 1pm – 2.30pm: Getting a Good Night's Sleep	<b>19</b>	<b>20</b> 10am – 12pm: Bring Your Own Craft	<b>21/22</b>
<b>23</b> 11am – 12.30pm: Recovering Together	<b>24</b> 1pm – 2.30pm: Managing Anxiety (2/3)*	<b>25</b>	<b>26</b> 11am – 12pm: Hearing Voices Group*	<b>27</b> 10am – 12pm: Art for Wellbeing	<b>28/29</b>
<b>30</b>					

# July 2025

\*online sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	<b>1</b> 10am – 11.30am: WRC Coffee Morning 1pm – 2.30pm: Managing Anxiety (3/3)*	<b>2</b> 12.30pm – 2.30pm: Journaling for Wellbeing (1/2)	<b>3</b>	<b>4</b> 10am – 12pm: Bring Your Own Craft	<b>5/6</b>
<b>7</b> 11am – 12.30pm: Chronic Pain Peer Support Group*	<b>8</b>	<b>9</b> 12.30pm – 2.30pm: Journaling for Wellbeing (2/2)	<b>10</b> 10am – 12pm: Coping with Change	<b>11</b> 10am – 11.30am: Journal Together	<b>12/13</b>
<b>14</b> 11am – 12.30pm: Recovering Together	<b>15</b> 10am – 11am: Getting Started in Groups 11am – 12pm: Drop in 6.30pm – 8pm: Improving Self-Esteem*	<b>16</b>	<b>17</b>	<b>18</b> 10am – 12pm: Bring Your Own Craft	<b>19/20</b>
<b>21</b> 11am – 12.30pm: Recovering Together*	<b>22</b>	<b>23</b>	<b>24</b> 11am – 12pm: Hearing Voices Group*	<b>25</b> 10am – 12pm: Art for Wellbeing	<b>26/27</b>
<b>28</b> 11am – 12.30pm: Recovering Together	<b>29</b>	<b>30</b>	<b>31</b>		

# August 2025

\*online sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				<b>1</b> 10am – 12pm: Bring Your Own Craft	<b>2/3</b>
<b>4</b> 11am – 12.30pm: Chronic Pain Peer Support Group*	<b>5</b> 10am – 11.30am: WRC Coffee Morning	<b>6</b>	<b>7</b> 1.30pm – 3.30pm: Managing Anxiety (1/3)	<b>8</b> 10am – 11.30am: Journal Together	<b>9/10</b>
<b>11</b> 11am – 12.30pm: Recovering Together	<b>12</b> 10am – 11.30am: Understanding Emotions (1/2)	<b>13</b>	<b>14</b> 1.30pm – 3.30pm: Managing Anxiety (2/3)	<b>15</b> 10am – 12pm: Bring Your Own Craft	<b>16/17</b>
<b>18</b> 11am – 12.30pm: Recovering Together*	<b>19</b> 10am – 11.30am: Understanding Emotions (2/2)	<b>20</b>	<b>21</b> 1.30pm – 3.30pm: Managing Anxiety (3/3)	<b>22</b> 10am – 12pm: Art for Wellbeing	<b>23/24</b>
<b>25</b> BANK HOLIDAY	<b>26</b>	<b>27</b>	<b>28</b> 11am – 12pm: Hearing Voices Group*	<b>29</b> 10am – 12pm: Setting Boundaries	<b>30/31</b>