

September 2025

*online session

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|--|--|---|--|---------|
| 1 11am – 12.30pm: Chronic Pain Peer Support Group* | 2 10am – 11.30am: Coffee morning | 3 | 4 6pm – 7.30pm: Managing Anxiety (1/3)* | 5 10am – 12pm: Bring Your Own Craft | 6/7 |
| 8 11am – 12.30pm: Recovering Together | 9 10am – 11am: Workshop Development – Social Media & Mental Health* | 10 | 11 6pm – 7.30pm: Managing Anxiety (2/3)* | 12 10am – 11.30am: Journal Together | 13/14 |
| 15 10am – 11am: Recovery College Information Session | 16 | 17 12pm – 1.30pm: Recovering Together* | 18 6pm – 7.30pm: Managing Anxiety (3/3)* | 19 10am – 12pm: Bring Your Own Craft | 20/21 |
| 22 11am – 12.30pm: Recovering Together | 23 | 24 6pm – 7.30pm: Coping with Stress* | 25 10am – 11.30am: Being Kind to Ourselves (1/3) | 26 10am – 12pm: Art for Wellbeing | 27/28 |
| 29 | 30 | | | | |
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October 2025

*online session

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--|---|--|--|--|---------|
| | | 1 | 2 10am – 11.30am: Being Kind to Ourselves (2/3) | 3 10am – 12pm: Bring Your Own Craft | 4/5 |
| 6 11am – 12.30pm: Chronic Pain Peer Support Group* | 7 10am – 11.30am: Coffee morning 1.30pm – 3pm: Making Good Habits Stick (1/2)* | 8 1pm – 2.30pm: Everyday Mindfulness (1/4) | 9 10am – 11.30am: Being Kind to Ourselves (3/3) | 10 10am – 11.30am: Journal Together | 11/12 |
| 13 11am – 12.30pm: Recovering Together 6pm – 7.30pm: Managing Low Mood (1/2)* | 14 1.30pm – 3pm: Making Good Habits Stick (2/2)* | 15 12pm – 1.30pm: Recovering Together* 1pm – 2.30pm: Everyday Mindfulness (2/4) | 16 | 17 10am – 12pm: Bring Your Own Craft | 18/19 |
| 20 6pm – 7.30pm: Managing Low Mood (2/2)* | 21 | 22 1pm – 2.30pm: Everyday Mindfulness (3/4) | 23 | 24 10am – 12pm: Art for Wellbeing | 25/26 |
| 27 11am – 12.30pm: Recovering Together | 28 10am – 12pm: Menstrual and Mental Health | 29 1pm – 2.30pm: Everyday Mindfulness (4/4) | 30 | 31 | |
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November 2025

*online session

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|---|--|---|--|---------|
| | | | | | 1/2 |
| 3 11am – 12.30pm: Chronic Pain Peer Support Group* | 4 10am – 11.30am: Coffee morning | 5 12.30pm – 2.30pm: Vision Boards (1/2) | 6 10am – 12pm: Managing Anxiety (1/3) | 7 10am – 12pm: Bring Your Own Craft | 8/9 |
| 10 11am – 12.30pm: Recovering Together | 11 | 12 12.30pm – 2.30pm: Vision Boards (2/2) | 13 10am – 12pm: Managing Anxiety (2/3) | 14 10am – 11.30am: Journal Together | 15/16 |
| 17 | 18 11am – 12pm: Recovery College Information Session | 19 12pm – 1.30pm: Recovering Together* | 20 10am – 12pm: Managing Anxiety (3/3) | 21 10am – 12pm: Bring Your Own Craft | 22/23 |
| 24 11am – 12.30pm: Recovering Together | 25 | 26 | 27 6pm – 7.30pm: Improving Self- Esteem* | 28 10am – 12pm: Art for Wellbeing | 29/30 |
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December 2025

*online session

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|---|--|---|--|---------|
| 1 11am – 12.30pm: Chronic Pain Peer Support Group* | 2 10am – 11.30am: Coffee morning | 3 6.30pm – 8pm: Managing Chronic Pain (1/3)* | 4 10am – 12pm: Setting Boundaries | 5 10am – 12pm: Bring Your Own Craft | 6/7 |
| 8 11am – 12.30pm: Recovering Together | 9 10am – 12pm: Art for Wellbeing | 10 6.30pm – 8pm: Managing Chronic Pain (2/3)* | 11 | 12 10am – 11.30am: Journal Together | 13/14 |
| 15 | 16 1pm – 3pm: Coping with Change* | 17 12pm – 1.30pm: Recovering Together* 6.30pm – 8pm: Managing Chronic Pain (3/3)* | 18 | 19 10am – 12pm: Bring Your Own Craft | 20/21 |
| 22 | 23 | 24 | 25 | 26 | 27/28 |
| 29 | 30 | 31 | | | |
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