

January 2026

*online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01	02	03	04
				10am – 12pm: Bring Your Own Craft		
05	06	07	08	09	10	11
11am – 12.30pm: Chronic Pain Peer Support Group*		6pm – 7.30pm: Understanding Emotions*(1/2)				
12	13	14	15	16	17	18
11am – 12.30pm: Recovering Together	1pm – 3pm: Navigating Social Interactions	6pm – 7.30pm: Understanding Emotions*(2/2)		10am – 12pm: Bring Your Own Craft		
19	20	21	22	23	24	25
10am – 11am: Recovery College Information Session		12pm – 1.30pm: Recovering Together*	10am – 11.30am: Making Good Habits Stick (1/2)			
26	27	28	29	30	31	
11am – 12.30pm: Recovering Together			10am – 11.30am: Making Good Habits Stick (2/2)	10am – 12pm: Art for Wellbeing		

February 2026

*online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
11am – 12.30pm: Chronic Pain Peer Support Group*	10am – 12pm: Employment: Reasonable Adjustments			10am – 12pm: Bring Your Own Craft		
09	10	11	12	13	14	15
11am – 12.30pm: Recovering Together						
16	17	18	19	20	21	22
	10am – 11.30am: Managing Low Mood (1/2)	12pm – 1.30pm: Recovering Together* 6pm – 7.30pm: Managing Anxiety*(1/3)		10am – 12pm: Bring Your Own Craft		
23	24	25	26	27	28	01
	10am – 11.30am: Managing Low Mood (2/2)	6pm – 7.30pm: Managing Anxiety*(2/3)	1.30pm – 3pm: Getting a Good Night's Sleep*	10am – 12pm: Art for Wellbeing		

March 2026

*online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02	03	04	05	06	07	08
11am – 12.30pm: Chronic Pain Peer Support Group*	10am – 11am: Recovery College Information Session	12.30pm – 2pm: Journaling for Wellbeing*(1/2) 6pm – 7.30pm: Managing Anxiety*(3/3)		10am – 12pm: Bring Your Own Craft		
09	10	11	12	13	14	15
11am – 12.30pm: Recovering Together	6pm – 7.30pm: Coping with Stress*	12.30pm – 2pm: Journaling for Wellbeing*(2/2)				
16	17	18	19	20	21	22
	1pm – 12.30pm: Healthy Relationships (1/4)	12pm – 1.30pm: Recovering Together*(KD/RB)	10am – 12pm: Improving Self-Esteem	10am – 12pm: Bring Your Own Craft		
23	24	25	26	27	28	29
11am – 12.30pm: Recovering Together	1pm – 12.30pm: Healthy Relationships (2/4)			10am – 12pm: Art for Wellbeing		
30	31					
	1pm – 12.30pm: Healthy Relationships (3/4)					

April 2026

*online session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01	02	03	04	05
			6pm – 8pm: Menstrual and Mental Health*	BANK HOLIDAY		
06	07	08	09	10	11	12
BANK HOLIDAY	1pm – 12.30pm: Healthy Relationships (4/4)		10am – 12pm: Managing Anxiety (1/3)			
13	14	15	16	17	18	19
11am – 12.30pm: Recovering Together		12pm – 1.30pm: Recovering Together*	10am – 12pm: Managing Anxiety (2/3)	10am – 12pm: Bring Your Own Craft		
20	21	22	23	24	25	26
	10am – 12pm: Art for Wellbeing	1pm – 3pm: Everyday Mindfulness*(1/4)	10am – 12pm: Managing Anxiety (3/3)			
27	28	29	30	01	02	03
11am – 12.30pm: Recovering Together		1pm – 3pm: Everyday Mindfulness*(2/4)				