

MAY

*ONLINE

MON	TUES	WED	THURS	FRI
				1 10am – 12pm: Bring Your Own Craft
4	5	6 6pm – 8pm: Employment: Reasonable Adjustments*	7	8
11 11am – 12.30pm: Chronic Pain Support Group*	12 1pm – 2.30pm: Building Self Compassion (1/3)*	13	14	15 10am – 12pm: Bring Your Own Craft
18 10am – 11am: Recovery College Information Session 1pm – 2.30pm: Understanding Sensory Differences*	19 1pm – 2.30pm: Building Self Compassion (2/3)*	20 12pm – 1.30pm: Recovering Together*	21 10am – 12pm: Coping with Stress	22 10am – 11.30am: Walk and Talk
25	26 1pm – 2.30pm: Building Self Compassion (3/3)*	27	28	29 10am – 12pm: Art for Wellbeing

JUNE

*ONLINE

MON	TUES	WED	THURS	FRI
1 11am – 12.30pm: Chronic Pain Support Group* 6pm – 7.30pm: Managing Anxiety (1/3)*	2	3	4 10am – 11:30am: Improving Self-Esteem	5 10am – 12pm: Bring Your Own Craft
8 6pm – 7.30pm: Managing Anxiety (2/3)*	9 10am – 12pm: Art for Wellbeing	10	11	12
15 6pm – 7.30pm: Managing Anxiety (3/3)*	16	17 12pm – 1.30pm: Recovering Together*	18	19 10am – 12pm: Bring Your Own Craft
22	23 1pm – 2.30pm: Managing Low Mood (1/2)*	24	25	26 10am – 11.30am: Walk and Talk
29	30 1pm – 2.30pm: Managing Low Mood (2/2)*			

JULY

*ONLINE

MON	TUES	WED	THURS	FRI
		1	2	3 10am – 12pm: Bring Your Own Craft
6 11am – 12.30pm: Chronic Pain Support Group*	7	8	9 10am – 11am: Recovery College Information Session	10 10am – 12pm: Art for Wellbeing
13 10am – 12pm: Journal for Wellbeing (1/2)	14 6pm – 7.30pm: Making Good Habits Stick (1/2)*	15 12pm – 1.30pm: Recovering Together*	16	17 10am – 12pm: Bring Your Own Craft
20 10am – 12pm: Journal for Wellbeing (2/2)	21 6pm – 7.30pm: Making Good Habits Stick (2/2)*	22 1pm – 2.30pm: Managing Chronic Pain (1/3)*	23	24
27	28	29 1pm – 2.30pm: Managing Chronic Pain (2/3)*	30	31 10am – 11.30am: Walk and Talk

AUGUST *ONLINE

MON	TUES	WED	THURS	FRI
3 11am – 12.30pm: Chronic Pain Support Group*	4	5 1pm – 2.30pm: Managing Chronic Pain (3/3)*	6	7 10am – 12pm: Bring Your Own Craft
10	11 10am – 11.30am: Healthy Relationships (1/4)*	12	13 10am – 12pm: Managing Anxiety (1/3)	14
17	18 10am – 11.30am: Healthy Relationships (2/4)*	19 12pm – 1.30pm: Recovering Together*	20 10am – 12pm: Managing Anxiety (2/3)	21 10am – 12pm: Bring Your Own Craft
24 10am – 11.30am: Walk and Talk	25 10am – 11.30am: Healthy Relationships (3/4)*	26 6pm – 8pm: Coping with Change*	27 10am – 12pm: Managing Anxiety (3/3)	28 10am – 12pm: Art for Wellbeing
31	1 10am – 11.30am: Healthy Relationships (4/4)*			