

Weekly Digital Timetable January 2021

Monday

10:00 - 12:00 Women's Group
12:00 - 13:00 Connecting in Crisis together
13:00 - 14:00 Goal Setting for the week
14:00 - 15:15 Young Adults Project Group
15:00 - 17:00 Photography Skills Level 1 (c)
16:00 - 16:30 Guided Mindfulness

Tuesday

09:30 - 10:30 Tai Chi
10:30 - 12:00 Men's Group
11:00 - 13:00 Wellbeing Workshop
12:00 - 12:45 Pilates
12:00 - 14:00 Creative Writing
14:00 - 16:00 Positivity (c)
18:00 - 20:00 Stress and Anxiety (c)

Wednesday

09:00 - 9:45 Guided Mindfulness
11:00 - 13:00 Mend, Make and Motivate
12:00 - 13:00 Parental Support
13:00 - 14:00 Maintaining Wellness at Home
14:00 - 15:00 Hearing Voices Group
15:00 - 17:00 Wellbeing Workshop
18:00 - 18:45 Yoga

Thursday

09:00 - 9:45 Guided Mindfulness
10:00 - 12:00 Stress and Anxiety (c)
12:00 - 12:45 Pilates
12:00 - 14:00 Wellbeing Workshop
14:00 - 16:00 Positivity (c)
16:00 - 17:00 Relaxation Techniques
17:00 - 19:00 Wellbeing Workshop

Friday

09:00 - 9:45 Yoga
10:00 - 12:00 Peer Education Programme
11:00 - 12:00 Test your Brain!
12:00 - 12:45 Guided Mindfulness
13:00 - 13:45 Preparing for the weekend
16:00 - 17:30 Peer Support - Let it Out

Saturday

10:00 - 11:00 Move your Mood through exercise

WELLBEING WORKSHOPS

- Coping with Change
- Coping with Stress
- Dealing with Anger Workshop
- Develop Relaxation Techniques
- Food and Mood
- Improving Sleep for wellbeing
- Living with and Understanding Bipolar
- Understanding Anxiety
- Understanding Depression
- Understanding Panic Attacks
- Understanding Personality Disorders
- Understanding Self - Harm
- Ways to Wellbeing