

Room	Monday	Tuesday	Wednesday	Thursday	Friday
Art Room	Healthy Relationships (6 weeks – Start Date TBC) 12:30pm–2:00pm		Stop and Think (5 weeks: Start Date–15/04/2026) 1:00–2.30pm	Mind & Body Connection (8 weeks: 28/05/2026–16/072026) 12:30–1:30pm	Confidence (12 weeks: Start Date–17/04/2026) 10:00am–12:00pm
Training Room	Mindfulness (6 weeks: 13/04/2026 – 18/05/2026) 11am – 12.30pm	Make do & Mend (Creative Drop In) 11:00am–1:00pm	DV Recovery Toolkit (12 weeks: Start Date – 20/05/2026) 10:00am–12:00pm		Sew Amazing (Drop In) 10:00am–12:00pm
Other Meeting Rooms			Wellbeing In Nature 15/04/2026–20/05/2026 10.15am – 12.15pm (session on 22/04/2026 will be 1.30pm– 3pm) Mental Health Drop In (Weekly) 1:00am – 3:00pm -Margaret Richards Room	Understanding for Complex Trauma (12 weeks starting 16/04/2026) 12:30pm–2:30pm –Yellow Build Main Room Emerging Futures Drop In (Weekly) 12:00pm–3:30pm – Main Room Gardening Project (Drop In) - 2-4pm	