





Wellbeing Service Schedule

<u>Date</u>	<u>Skill</u>	<u>Social Skills</u>	<u>Running Session</u>
7/5/2022	 	Depression Workshop	Thalia
14/5/2022	   	Mindfulness and breathing	Leanne
21/5/2022	 	Open and Closed Questions	Thalia
28/5/2022	 	Quiz Morning	Leanne



Be Active



Connect



Take Notice



Give



Keep Learning



Grow your World

We open at 11 am

Activity from 11.30 – 12.30 pm

Open session at 12.30 – 14.00 pm



