












## Wellbeing Service Schedule

<u>Date</u>	<u>Skill</u>	<u>Social Skills</u>	<u>Running Session</u>
2/7/2022	 	Coffee and a chat	Leanne
9/7/2022	  	Coping strategies in social situations	Thalia
16/7/2022	 	Games and quiz morning	
23/7/2022	 	Things that are important to you	Leanne Thalia
30/7/2022	 	Coffee and a chat	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**

