

February 2018



			Thomas and an	Est days for d
КЕҮ			Thursday 1st	Friday 2nd
Recovery Groups	*Strickland is open		10.30 – 12.00 Serenity Group	10 11 200M Crief and Loss Crown
Advice (Benefits, Housing, Careers)			10-1PM – Thrive (Drop In) 12-1.30PM – Dual Diagnosis Group	10 – 11.30PM Grief and Loss Group
Mutual Aid Groups	every Saturday from		1.00 - 3.00PM Crafty Arts	12.00 – 1.30PM Smart Recovery
Healthy Lifestyle			1.00 - 5.00FWI Clarty Arts	12.00 - 1.30FW Smart Recovery
Mental Health Groups	9.00 to 5.00pm*		7-8.30PM – Smart Recovery	3.00 – 5.00PM – Singing Group
Mental Health Groups	· · · · · · · · · · · · · · · · · · ·		(CHEC, Madeley)	Side Sider Wir Singing Croup
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
9.30 – 12.30 Changing Futures (Drop In)	10 – 11.30PM Family/Carers for people with	10.00 – 12.00PM Crafty Arts	10.30 – 12.00 Serenity Group	
9.30 – 11.00PM Anxiety and Depression	Mental Health Issues	10-12PM Service User Group	10-1PM – Thrive (Drop In)	10 – 11.30PM Grief and Loss Group
11-2.00PM – Women's Group	10 – 2PM Gardening Group	12:30 - 2:00PM - Understanding	12-1.30PM – Dual Diagnosis Group	
1 – 2.30PM Dual Diagnosis Group	11.30 – 1.00 Serenity Group	Personality Disorders	1.00 – 3.00 Careers Service (Drop-In)	12.00 – 1.30PM Smart Recovery
	1-2.30PM – Smart Recovery	12.30 to 4.00PM TACT Trails	1.00 – 3.00PM Crafty Arts	
7-8.30PM – Smart Recovery	3.00 – 5.00PM – Singing Group	3.00 – 5.00PM – Singing Group	7-8.30PM – Smart Recovery	3.00 – 5.00PM – Singing Group
(Brookside Community Centre)	6.00 – 7.30PM – Dual Diagnosis Group	55,	(CHEC, Madeley)	
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
9.30 – 12.30 Changing Futures (Drop In)	10 – 11.30PM Family/Carers for people with	10.00 – 12.00PM Crafty Arts	10.30 – 12.00 Serenity Group	
9.30 – 11.00PM Anxiety and Depression	Mental Health Issues	10-12PM Service User Group	10-1PM – Thrive (Drop In)	10 – 11.30PM Grief and Loss Group
11-2.00PM – Women's Group	10 – 2PM Gardening Group	12:30 – 2:00PM – Understanding	12-1.30PM – Dual Diagnosis Group	
1 – 2.30PM Dual Diagnosis Group	11.30 – 1.00 Serenity Group	Personality Disorders	10.00 – 12.00 Healthy Lifestyles (Drop In)	12.00 – 1.30PM Smart Recovery
	1-2.30PM – Smart Recovery	12.30 to 4.00PM TACT Trails	1.00 – 3.00PM Crafty Arts	
7-8.30PM – Smart Recovery	3.00 – 5.00PM – Singing Group	3.00 – 5.00PM – Singing Group	7-8.30PM – Smart Recovery	3.00 – 5.00PM – Singing Group
(Brookside Community Centre)	6.00 – 7.30PM – Dual Diagnosis Group		(CHEC, Madeley)	
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
9.30 – 12.30 Changing Futures (Drop In)	10 – 11.30PM Family/Carers for people with	10.00 – 12.00PM Crafty Arts	10.30 – 12.00 Serenity Group	
9.30 – 11.00PM Anxiety and Depression	Mental Health Issues	10-12PM Service User Group	10-1PM – Thrive (Drop In)	10 – 11.30PM Grief and Loss Group
11-2.00PM – Women's Group	10 – 2PM Gardening Group	12:30 – 2:00PM – Understanding	12-1.30PM – Dual Diagnosis Group	
1 – 2.30PM Dual Diagnosis Group	11.30 – 1.00 Serenity Group	Personality Disorders	1.00 – 3.00 Careers Service (Drop-In)	12.00 – 1.30PM Smart Recovery
о .	1-2.30PM – Smart Recovery	12.30 to 4.00PM TACT Trails	1.00 – 3.00PM Crafty Arts	,
7-8.30PM – Smart Recovery	3.00 – 5.00PM – Singing Group	3.00 – 5.00PM – Singing Group		3.00 – 5.00PM – Singing Group
(Brookside Community Centre)			7-8.30PM – Smart Recovery	
	6.00 – 7.30PM – Dual Diagnosis Group		(CHEC, Madeley)	
Monday 26th	Tuesday 27th	Wednesday 28th		PHONE NUMBERS
9.30 – 12.30 Changing Futures (Drop In)	10 – 11.30PM Family/Carers for people with	10.00 – 12.00PM Crafty Arts		TACT 01052 000204
9.30 – 11.00PM Anxiety and Depression	Mental Health Issues	10-12PM Service User Group		TACT – 01952 899204
11-2.00PM – Women's Group	10 – 2PM Gardening Group	12:30 – 2:00PM – Understanding		BRANCHES- 01952 89920
1 – 2.30PM Dual Diagnosis Group	11.30 – 1.00 Serenity Group	Personality Disorders		
	1-2.30PM – Smart Recovery	12.30 to 4.00PM TACT Trails		LISTENING SERVICE –
7-8.30PM – Smart Recovery	3.00 – 5.00PM – Singing Group	3.00 – 5.00PM – Singing Group		01952 899206
(Brookside Community Centre	6.00 – 7.30PM – Dual Diagnosis Group			

Drop – In services available 9.00 to 5.00 pm (for mental health & recovery)