

# February 2018

KEY			Thursday 1st	Friday 2nd
<p>Recovery Groups Advice (Benefits, Housing, Careers) Mutual Aid Groups Healthy Lifestyle Mental Health Groups</p>	<p><b>*Strickland is open every Saturday from 9.00 to 5.00pm*</b></p>		<p>10.30 – 12.00 Serenity Group 10-1PM – Thrive (Drop In) 12-1.30PM – Dual Diagnosis Group 1.00 – 3.00PM Crafty Arts</p> <p>7-8.30PM – Smart Recovery (CHEC, Madeley)</p>	<p>10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery 3.00 – 5.00PM – Singing Group</p>
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
<p>9.30 – 12.30 Changing Futures (Drop In) 9.30 – 11.00PM Anxiety and Depression 11-2.00PM – Women’s Group 1 – 2.30PM Dual Diagnosis Group</p> <p>7-8.30PM – Smart Recovery (Brookside Community Centre)</p>	<p>10 – 11.30PM Family/Carers for people with Mental Health Issues 10 – 2PM Gardening Group 11.30 – 1.00 Serenity Group 1-2.30PM – Smart Recovery 3.00 – 5.00PM – Singing Group 6.00 – 7.30PM – Dual Diagnosis Group</p>	<p>10.00 – 12.00PM Crafty Arts 10-12PM. - Service User Group 12:30 – 2:00PM – Understanding Personality Disorders 12.30 to 4.00PM TACT Trails 3.00 – 5.00PM – Singing Group</p>	<p>10.30 – 12.00 Serenity Group 10-1PM – Thrive (Drop In) 12-1.30PM – Dual Diagnosis Group 1.00 – 3.00PM Careers Service (Drop-In) 1.00 – 3.00PM Crafty Arts 7-8.30PM – Smart Recovery (CHEC, Madeley)</p>	<p>10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery 3.00 – 5.00PM – Singing Group</p>
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
<p>9.30 – 12.30 Changing Futures (Drop In) 9.30 – 11.00PM Anxiety and Depression 11-2.00PM – Women’s Group 1 – 2.30PM Dual Diagnosis Group</p> <p>7-8.30PM – Smart Recovery (Brookside Community Centre)</p>	<p>10 – 11.30PM Family/Carers for people with Mental Health Issues 10 – 2PM Gardening Group 11.30 – 1.00 Serenity Group 1-2.30PM – Smart Recovery 3.00 – 5.00PM – Singing Group 6.00 – 7.30PM – Dual Diagnosis Group</p>	<p>10.00 – 12.00PM Crafty Arts 10-12PM. - Service User Group 12:30 – 2:00PM – Understanding Personality Disorders 12.30 to 4.00PM TACT Trails 3.00 – 5.00PM – Singing Group</p>	<p>10.30 – 12.00 Serenity Group 10-1PM – Thrive (Drop In) 12-1.30PM – Dual Diagnosis Group 10.00 – 12.00 Healthy Lifestyles (Drop In) 1.00 – 3.00PM Crafty Arts 7-8.30PM – Smart Recovery (CHEC, Madeley)</p>	<p>10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery 3.00 – 5.00PM – Singing Group</p>
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
<p>9.30 – 12.30 Changing Futures (Drop In) 9.30 – 11.00PM Anxiety and Depression 11-2.00PM – Women’s Group 1 – 2.30PM Dual Diagnosis Group</p> <p>7-8.30PM – Smart Recovery (Brookside Community Centre)</p>	<p>10 – 11.30PM Family/Carers for people with Mental Health Issues 10 – 2PM Gardening Group 11.30 – 1.00 Serenity Group 1-2.30PM – Smart Recovery 3.00 – 5.00PM – Singing Group 6.00 – 7.30PM – Dual Diagnosis Group</p>	<p>10.00 – 12.00PM Crafty Arts 10-12PM. - Service User Group 12:30 – 2:00PM – Understanding Personality Disorders 12.30 to 4.00PM TACT Trails 3.00 – 5.00PM – Singing Group</p>	<p>10.30 – 12.00 Serenity Group 10-1PM – Thrive (Drop In) 12-1.30PM – Dual Diagnosis Group 1.00 – 3.00PM Careers Service (Drop-In) 1.00 – 3.00PM Crafty Arts</p> <p>7-8.30PM – Smart Recovery (CHEC, Madeley)</p>	<p>10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery 3.00 – 5.00PM – Singing Group</p>
Monday 26th	Tuesday 27th	Wednesday 28th		PHONE NUMBERS
<p>9.30 – 12.30 Changing Futures (Drop In) 9.30 – 11.00PM Anxiety and Depression 11-2.00PM – Women’s Group 1 – 2.30PM Dual Diagnosis Group</p> <p>7-8.30PM – Smart Recovery (Brookside Community Centre)</p>	<p>10 – 11.30PM Family/Carers for people with Mental Health Issues 10 – 2PM Gardening Group 11.30 – 1.00 Serenity Group 1-2.30PM – Smart Recovery 3.00 – 5.00PM – Singing Group 6.00 – 7.30PM – Dual Diagnosis Group</p>	<p>10.00 – 12.00PM Crafty Arts 10-12PM. - Service User Group 12:30 – 2:00PM – Understanding Personality Disorders 12.30 to 4.00PM TACT Trails 3.00 – 5.00PM – Singing Group</p>		<p><b>TACT – 01952 899204</b> <b>BRANCHES- 01952 899205</b> <b>LISTENING SERVICE – 01952 899206</b></p>

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

Tel: 01952 899204