

PHONE NUMBERS	KEY		Thursday 1st	Friday 2nd
TACT – 01952 899204 BRANCHES – 01952 899205 LISTENING SERVICE – 01952 899206	Recovery Groups Advice (Benefits, Finance, Housing) Mutual Aid Groups Healthy Lifestyle Mental Health Groups	* Strickland open every Saturday from 9.00 to 5.00pm*	10.30 – 12.00 Serenity Group 10-1.00PM – Thrive (Drop In) 10.00-12.00pm Crafty Arts 12.30-2.00PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)	10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery 3.00 – 5.00PM – Singing Group
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
9.30 – 12.30 – Changing Futures (drop-in) 9.30 – 11.00 - Anxiety and Depression 11-2.00 – Women’s Group 1 – 2.30PM Dual Diagnosis Group 7-8.30PM – Smart Recovery (Brookside Community Centre)	10 – 11.30PM Family/Carers for people with Mental Health Issues 11.30 – 1.00 Serenity Group 10 – 2PM Gardening Group 1-2.30PM – Smart Recovery 3.00-5.00pm – Singing Group 6.00 – 7.30PM – Dual Diagnosis Group	10-12PM. - Service User Group 10-12PM. – Crafty Arts 12:30 – 2:00PM – Understanding Personality Disorders 12.30 – 4.30pm – TACT Trails 3.00 – 5.00pm – Singing Group	10.30 – 12.00 Serenity Group 10-1.00PM – Thrive (Drop In) 10.00-12.00pm Crafty Arts 12.30 – 2.00PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)	10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery 3.00 – 5.00PM – Singing Group
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
9.30 – 12.30 – Changing Futures (drop-in) 9.30 – 11.00 - Anxiety and Depression 11-2.00 – Women’s Group 1 – 2.30PM Dual Diagnosis Group 7-8.30PM – Smart Recovery (Brookside Community Centre)	10 – 11.30PM Family/Carers for people with Mental Health Issues 11.30 – 1.00 Serenity Group 10 – 2PM Gardening Group 1-2.30PM – Smart Recovery 3.00-5.00pm – Singing Group 6.00 – 7.30PM – Dual Diagnosis Group	10-12PM. - Service User Group 10-12PM. – Crafty Arts 12:30 – 2:00PM – Understanding Personality Disorders 12.30 – 4.30pm – TACT Trails 3.00 – 5.00pm – Singing Group	10.30 – 12.00 Serenity Group 10-1.00PM – Thrive (Drop In) 10.00-12.00pm Crafty Arts 12..30 – 2.00PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)	10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery 3.00 – 5.00PM – Singing Group
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
9.30 – 12.30 – Changing Futures (drop-in) 9.30 – 11.00 - Anxiety and Depression 11-2.00 – Women’s Group 1 – 2.30PM Dual Diagnosis Group 7-8.30PM – Smart Recovery (Brookside Community Centre)	10 – 11.30PM Family/Carers for people with Mental Health Issues 11.30 – 1.00 Serenity Group 10 – 2PM Gardening Group 1-2.30PM – Smart Recovery 3.00-5.00pm – Singing Group 6.00 – 7.30PM – Dual Diagnosis Group	10-12PM. - Service User Group 10-12PM. – Crafty Arts 12:30 – 2:00PM – Understanding Personality Disorders 12.30 – 4.30pm – TACT Trails 3.00 – 5.00pm – Singing Group	10.30 – 12.00 Serenity Group 10-1.00PM – Thrive (Drop In) 10.00-12.00pm Crafty Arts 12.30 – 2.00PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)	10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery 3.00 – 5.00PM – Singing Group
Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
9.30 – 12.30 – Changing Futures (drop-in) 9.30 – 11.00 - Anxiety and Depression 11-2.00 – Women’s Group 1 – 2.30PM Dual Diagnosis Group 7-8.30PM – Smart Recovery (Brookside Community Centre)	10 – 11.30PM Family/Carers for people with Mental Health Issues 11.30 – 1.00 Serenity Group 10 – 2PM Gardening Group 1-2.30PM – Smart Recovery 3.00-5.00pm – Singing Group 6.00 – 7.30PM – Dual Diagnosis Group	10-12PM. - Service User Group 10-12PM. – Crafty Arts 12:30 – 2:00PM – Understanding Personality Disorders 12.30 – 4.30pm – TACT Trails 3.00 – 5.00pm – Singing Group	10.30 – 12.00 Serenity Group 10-1.00PM – Thrive (Drop In) 10.00-12.00pm Crafty Arts 12.30 – 2.00PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)	10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery 3.00 – 5.00PM – Singing Group