

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
		01 CLOSED	02 10:00am: Check-in with Life Skills 1:30pm: Hearing Voices Group	03 10:00am: Check-in with Psychology and Wellbeing Workshop / Discussion 1:30pm: Hearing Voices Group
06 10:00am: Check-in with Relaxation 1:00pm: Virtual Tour with art or creative writing activity	07 10:00am: Check-in with Trivia 1:00pm: Social Group	08 CLOSED	09 R U OK? DAY - wear something yellow! 10:00am: Check-in with Life Skills 1:30pm: Hearing Voices Group	10 10:00am: Check-in with Psychology and Wellbeing Workshop / Discussion 1:30pm: Hearing Voices Group
13 10:00am: Check-in with Relaxation 1:00pm: Virtual Tour with art or creative writing activity	14 10:00am: Check-in with Music picks 1:00pm: Social Group	15 CLOSED	16 10:00am: Check-in with Life Skills 1:30pm: Hearing Voices Group	17 10:00am: Check-in with Psychology and Wellbeing Workshop / Discussion 1:30pm: Hearing Voices Group
20 10:00am: Check-in with Relaxation 1:00pm: Virtual Tour with art or creative writing activity	21 10:00am: Check-in with Trivia 1:00pm: Social Group	22 CLOSED	23 10:00am: Check-in with Life Skills 1:30pm: Hearing Voices Group	24 10:00am: Check-in with Psychology and Wellbeing Workshop / Discussion 1:30pm: Hearing Voices Group
27 10:00am: Check-in with Relaxation 1:00pm: Virtual Tour with art or creative writing activity	28 10:00am: Check-in with Music Picks 1:00pm: Social Group	29 CLOSED	30 10:00am: Check-in with Life Skills 1:30pm: Hearing Voices Group	01 10:00am: Check-in with Psychology and Wellbeing Workshop / Discussion 1:30pm: Hearing Voices Group

September 2021

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One Door. Many Opportunities.

New to this month

Art Activity: Grab a pencil and some paper – we will have a try at some fun and simple creative activities together.

Popular activities

Workshop / Discussion: Talking about various topics within psychology and mental health.

Hearing Voices Group: A supportive group for people with lived experience of hearing voices.

Virtual Tour: Travel without moving! Join us for a look at sights and sites all around the world(-wide-web)

CURRENTLY RUNNING ONLINE PROGRAM - PLEASE CONTACT US FOR DETAILS OF HOW TO JOIN