

2024 – Peer Support Group Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Morning Wellness (online) 11am – 12pm		The Social Hub & Creative Writing (in-person) 11am – 2pm		Colours of Life Art Group (in-person) 12:30pm- 2pm
Distraction O'clock (online) 1pm – 2pm	Group Fellowship (in-person) 2pm – 4pm			
		Read and Relax (online) 3pm – 4:30pm		Empowerment (online) 3pm – 4:00pm
	Mindfulness (online) 5:30pm – 6:30pm		Spirituality (online) 5:00pm – 6:00pm	Health & Wellness (online) 5:15pm – 6:15pm