

### East Kent

Monday	10:00 - 12:00	Women's Group
Monday	13:00 - 14:00	Goal Setting for the week
Monday	14:00 - 15:30	Young Adults Project
Monday	15:00 - 16:30	Guided Mindfulness
Tuesday	09:30 - 10:30	Tai Chi
Tuesday	10:30 - 12:00	Men's Group
Tuesday	11:00 - 12:00	Communication in the workplace
Tuesday	12:00 - 12:45	Pilates
Tuesday	12:00 - 14:00	Creative Writing
Tuesday	14:00 - 15:00	Preparing to return to work course
Tuesday	14:00 - 16:00	Positive Mindset course
Tuesday	18:00 - 20:00	Stress and Anxiety course
Wednesday	09:00 - 9:45	Guided Mindfulness
Wednesday	11:00 - 13:00	Mend, Make and Motivate
Wednesday	14:00 - 15:00	Helping Hands - for parents in lockdown
Wednesday	14:00 - 15:00	Grow your Wellbeing
Wednesday	15:00 - 17:00	Wellbeing Workshop
Wednesday	18:00 - 18:45	Yoga
Thursday	09:00 - 9:45	Guided Mindfulness
Thursday	10:00 - 12:00	Stress and Anxiety course
Thursday	12:00 - 12:45	Pilates
Thursday	12:00 - 14:00	Wellbeing Workshop
Thursday	14:00 - 16:00	Positive Mindset course
Thursday	16:00 - 17:00	Relaxation Techniques
Thursday	17:00 - 19:00	Wellbeing Workshop
Friday	09:00 - 09:45	Yoga
Friday	10:00 - 12:00	Wellbeing Workshop
Friday	10:00 - 12:00	Confidence & Self Esteem course
Friday	12:00 - 12:45	Guided Mindfulness
Friday	13:00 - 13:45	Preparing for the weekend
Friday	13:00 - 14:00	Employment Briefings
Friday	15:00 - 17:30	Peer Support - Let it Out
Saturday	10:00 - 11:00	Move your Mood through exercise