

Weekly Digital Timetable December 2020

East Kent

Monday

9:00 - 9:45 **Energie** - Body Weight Circuit
 10:00 - 12:00 Women's Group
 12:00 - 13:00 Connecting in Crisis together
 13:00 - 14:00 Goal Setting for the week
 14:00 - 15:15 Young Adults Project Group
 15:30 - 16:30 Poetry Appreciation
 16:00 - 16:30 Guided Mindfulness

Tuesday

9:30 - 10:30 Tai Chi
 10:00 - 10:45 **Energie** - Upper Body Blitz
 10:00 - 11:00 Declutter your Mind
 10:30 - 12:00 Men's Group
 11:00 - 13:00 Wellbeing Workshop
 12:00 - 12:45 Pilates
 12:00 - 13:30 Job Club
 12:00 - 14:00 Creative Writing
 14:00 - 15:00 Preparing to return to work
 14:00 - 16:00 Positive Mindset (c)
 18:00 - 20:00 Stress and Anxiety (c)

Wednesday

9:00 - 9:45 Guided Mindfulness
 9:00 - 9:45 **Energie** - Full Body Workout
 11:00 - 13:00 Mend, Make and Motivate
 12:00 - 13:00 Parental Support
 13:00 - 14:00 Maintaining Wellness at Home (c)
 14:00 - 15:00 Hearing Voices Group
 15:00 - 17:00 Wellbeing Workshop
 18:00 - 18:45 Yoga

Thursday

9:00 - 9:45 Guided Mindfulness
 10:00 - 12:00 Stress and Anxiety (c)
 10:45 - 11:15 **Energie** - Fitness & Nutrition
 12:00 - 12:45 **Energie** - Shadow Combat
 12:00 - 12:45 Pilates
 12:00 - 14:00 Wellbeing Workshop
 14:00 - 14:30 **Energie** - Zumba
 14:00 - 16:00 Positive Mindset (c)
 16:00 - 17:00 Relaxation Techniques
 17:00 - 19:00 Wellbeing Workshop

Friday

9:00 - 9:45 **Energie** - Healthy Meals
 9:00 - 9:45 Yoga
 10:00 - 12:00 Peer Education Programme
 12:00 - 12:45 Guided Mindfulness
 13:00 - 13:45 Preparing for the weekend
 16:00 - 17:30 Peer Support - Let it Out

Saturday

9:30 - 10:15 **Energie** - Stretch N Go
 10:00 - 11:00 Move your mood through exercise

Sunday

10:00 - 10:45 **Energie** - Challenge of the Week

Wellbeing Workshops

- Coping in a Crisis
- Coping with Change
- Coping with Change Workshop
- Coping with Stress
- Develop Relaxation Techniques
- Food and Mood
- Improve your emotional Intelligence
- Improving Sleep for wellbeing
- Increasing Assertiveness
- Understanding Anxiety
- Understanding Depression
- Understanding Panic Attacks
- Understanding Personality Disorders
- Understanding Self - Harm
- Ways to Wellbeing
- Young Adults Resilience

Course - (c)

Energie - Join Instagram/
 Facebook page Energie Erith to view

Register online:
eastkentmind.org.uk

Email:
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