

Open Monday to Friday 10-1 and 1.30-4

Library open Monday, Tuesday & Friday



## April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Closed	<b>3</b> Closed	<b>4</b> Closed	<b>5</b> Closed	<b>6</b> Closed
<b>9</b> Closed	<b>10</b> Closed	<b>11</b> Closed	<b>12</b> Closed	<b>13</b> Closed
<b>16</b>	<b>17</b> Assertiveness for all 10.30-1	<b>18</b>	<b>19</b>	<b>20</b>
<b>23</b> Being kind to yourself 10-4	<b>24</b> Assertiveness for all 10.30-1	<b>25</b> Hoarding 10-4	<b>26</b>	<b>27</b> Conversations about behaviour change 10-1
<b>30</b> Understanding anxiety 1.30-4				

# May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Assertiveness for all 10.30-1	<b>2</b> Creative writing 1-4	<b>3</b>	<b>4</b> Coping with anxiety 10.30-1
<b>7</b> Closed	<b>8</b> Assertiveness for all 10.30-1	<b>9</b> Singing for health 1-4	<b>10</b>	<b>11</b> Coping with anxiety 10.30-1
<b>14</b> Getting a good night's sleep 1-4	<b>15</b> Assertiveness for all 10.30-1	<b>16</b> Anger management 10-4	<b>17</b>	<b>18</b> Coping with anxiety 10.30-1
<b>21</b> Intro to mindfulness 2-4	<b>22</b> Assertiveness for all 10.30-1	<b>23</b> Anger management 10-4	<b>24</b>	<b>25</b> Coping with anxiety 10.30-1
<b>28</b> Closed	<b>29</b> Closed	<b>30</b> Closed	<b>31</b> Closed	Closed

# June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Introduction to mindfulness 10-12	<b>5</b> Building healthy relationships 10.30-1 Understanding mental health tribunals 1-4	<b>6</b> Understanding BME cultures & mental health 10-4	<b>7</b>	<b>8</b> Tree of Life 10-3.30
<b>11</b> Ways of understanding & relating to psychosis 1.30-4	<b>12</b> Building healthy relationships 10.30-1	<b>13</b> LGBT & mental health – no stigma, no barriers 10-3	<b>14</b>	<b>15</b> Eating for wellbeing 10-1 Building resilience via Tree of Life 1-4
<b>18</b> Exercise to feel good 9.30-1 Ways of understanding & relating to psychosis 1.30-4	<b>19</b> Building healthy relationships 10.30-1 Coping with anxiety 1.30-4	<b>20</b> Self-care for women 1.30-4	<b>21</b>	<b>22</b> Building resilience via Tree of Life 1-4
<b>25</b> Ways of understanding & relating to psychosis 1.30-4	<b>26</b> Building healthy relationships 10.30-1 Coping with anxiety 1.30-4	<b>27</b> Self-care for women 1.30-4	<b>28</b>	<b>29</b> Building resilience via Tree of Life 1-4

# July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  Ways of understanding & relating to psychosis 1.30-4	<b>3</b> Building healthy relationships 10.30-1  Coping with anxiety 1.30-4	<b>4</b> Intro to mental wellbeing 10-1  Self-care for women 1.30-4	<b>5</b>	<b>6</b> Recovery as a journey 10-3.30  Building resilience via Tree of Life 1-4
<b>9</b> How to tell your recovery story 10-3  Living well with mental health diagnosis 1-4	<b>10</b> Building healthy relationships 10.30-1  Coping with anxiety 1.30-4	<b>11</b> How to feel confident at work 10-1  Self-care for women 1.30-4	<b>12</b>	<b>13</b> Holistic approach to medication 10.30-1  Building resilience via Tree of Life 1-4
<b>16</b>  Working together – co-production 10-4	<b>17</b> Hoarding 10-4  Exploring depression 1-4.30	<b>18</b>  Self-care for women 1.30-4	<b>19</b>	<b>20</b> <b>END OF TERM</b>  Intro to spirituality & wellness 10-1  Building resilience via Tree of Life 1-4
<b>23</b>  Closed	<b>24</b>  Closed	<b>25</b>  Closed	<b>26</b>  Closed	<b>27</b>  Closed

Anger management	16 and 23 May
Assertiveness for all	17, 24 April, 1, 8, 15 and 22 May
Being kind to yourself	23 April
Building healthy relationships	5, 12, 19, 26 June, 3 and 10 July
Building Resilience via Tree of life	15, 22, 29 June, 6, 13 and 20 July
Conversations about behaviour change - motivational interviewing	27 April
Coping with Anxiety	4, 11, 18, 25 May
Coping with Anxiety	19, 26 June, 3 and 10 July
Creative writing	2 May
Eating for wellbeing	15 June
Exercise to feel good	18 June
Exploring depression	17 July
Getting a good night's sleep	14 May
Hoarding	25 April, 17 July
Holistic approach to medication	13 July
How to feel confident at work	11 July
How to tell your recovery story	9 July
Introduction to mental wellbeing	4 July
Introduction to Mindfulness	21 May
Introduction to Mindfulness	4 June
Introduction to spirituality and wellness	20 July
LGBT and mental health - no stigma, no barriers	13 June
Living well with mental health diagnosis	9 July
Mental health tribunals & hospital managers	5 June
Recovery as a journey	6 July
Self-care for women	20, 27 June, 4, 11 and 18 July
Singing for health	9 May

## Summer term 2018



<b>Tree of life</b>	<b>8 June</b>
<b>Understanding Anxiety</b>	<b>30 April</b>
<b>Understanding BME Cultures &amp; Mental Health</b>	<b>6 June</b>
<b>Ways of Understanding &amp; Relating to Psychosis</b>	<b>11, 18, 25 June and 2 July</b>
<b>Working together - co-production</b>	<b>16 July</b>