

## APRIL/MAY 2025

MONDAY 28TH	TUESDAY 29TH	WEDNESDAY 30TH	THURSDAY 1ST	FRIDAY 2ND
<p>10:30am - 1pm <b>Foundations of Recovery</b> (1 of 7)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>2pm - 4pm <b>The Road to Self Acceptance</b></p> <p>2pm - 4pm <b>Social, Board Games and Book Club for Students</b> <b>Easthampstead Works</b></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (1 of 8) <b>South Hill Park</b></p>	<p>10:30am - 12:45pm <b>Food and Mood</b> (1 of 4)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (1 of 4)</p>	<p>10:30am - 12:30pm <b>Exploring the Healing Power of Nature</b> (1 of 4)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (1 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (1 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30 pm <b>Exploring and Better Understanding Body Image</b> (1 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (1 of 4)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (1 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (1 of 4)</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (2 of 7)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15 am - 12:15pm <b>Easy Seated Yoga</b> <b>Bracknell Library</b> (1 of 4)</p> <p>2pm - 4pm <b>Exploring and Better Understanding our Inner Strengths and Self Belief</b></p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (1 of 10)</p>

## MAY 2025

MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH
BANK HOLIDAY	<p>10:30am - 12:45pm <b>Food and Mood</b> (2 of 4)</p> <p>10am, 11am or 12pm <b>One to One Sessions for Better Money Management</b></p> <p>2pm - 4pm <b>Relaxing Crafting</b> (2 of 4)</p>	<p>10:30am - 12:30pm <b>Exploring the Healing Power of Nature</b> (2 of 4)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (2 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (2 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30 pm <b>Exploring and Better Understanding Body Image</b> (2 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (2 of 4)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (2 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (2 of 4)</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (3 of 7)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15am - 12:15pm <b>Easy Seated Yoga</b> <b>Bracknell Library</b> (2 of 4)</p> <p>2pm - 4pm <b>Exploring and Better Understanding OCD</b></p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (2 of 10)</p>

# MAY 2025

MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH
<p>10:30am - 1pm <b>Foundations of Recovery</b> (4 of 7)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>2pm - 4pm <b>Exploring and Better Understanding Stress and Anxiety</b> (1 of 2)</p> <p>2pm - 4pm <b>Social, Board Games and Book Club for Students</b> <b>Easthampstead Works</b></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (2 of 8) <b>South Hill Park</b></p>	<p>10:30am - 12:45pm <b>Food and Mood</b> (3 of 4)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (3 of 4)</p>	<p>10:30am - 12:30pm <b>Exploring the Healing Power of Nature</b> (3 of 4)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (3 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (3 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Mindful Journaling</b> (1 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (3 of 4)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (3 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (3 of 4)</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (5 of 7)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15am - 12:15pm <b>Easy Seated Yoga</b> <b>Bracknell Library</b> (3 of 4)</p> <p>2pm - 4pm <b>Exploring and Better Understanding Adult ADHD</b> (1 of 2)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (3 of 10)</p>

# MAY 2025

MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD
<p>10:30am - 1pm <b>Foundations of Recovery</b> (6 of 7)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>2pm - 4pm <b>Exploring and Better Understanding Stress and Anxiety</b> (2 of 2)</p> <p>2pm - 4pm <b>Social, Board Games and Book Club for Students</b> <b>Easthampstead Works</b></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (3 of 8) <b>South Hill Park</b></p>	<p>10:30am - 12:45pm <b>Food and Mood</b> (4 of 4)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (4 of 4)</p>	<p>10:30am - 12:30pm <b>Exploring the Healing Power of Nature</b> (4 of 4)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (4 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (4 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Mindful Journaling</b> (2 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (4 of 4)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (4 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (4 of 4)</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (7 of 7)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15am - 12:15pm <b>Easy Seated Yoga</b> <b>Bracknell Library</b> (4 of 4)</p> <p>2pm - 4pm <b>Exploring and Better Understanding Adult ADHD</b> (2 of 2)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (4 of 10)</p>
HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM

# JUNE 2025

MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
<p>10:30am - 12:30pm <b>Exploring and Better Understanding Adverse Childhood Experiences</b></p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>2pm - 4pm <b>Living with Bereavement and Loss</b> (1 of 2)</p> <p>2pm - 4pm <b>Social, Board Games and Book Club for Students</b> <b>Easthampstead Works</b></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (4 of 8) <b>South Hill Park</b></p>	<p>10:30am - 11.30am OR 12pm - 1pm <b>Introduction to Foundations of Recovery</b></p> <p>2pm - 4pm <b>Relaxing Crafting</b> (1 of 6)</p>	<p>10:30am - 12:30pm <b>Finding Our Purpose in Life</b> (1 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (5 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (5 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (1 of 7)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (1 of 6)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (5 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (1 of 6)</p>	<p>10:30am - 12:30pm <b>Mindful Communication</b> (1 of 2)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15am - 12:15pm <b>Easy Seated Yoga</b> <b>Bracknell Library</b> (1 of 6)</p> <p>2pm - 4 pm <b>Making Friends as an Adult</b></p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (5 of 10)</p>

# JUNE 2025

MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
<p>10:30am - 12.30pm <b>Exploring and Better Understanding Low Mood and Depression</b> (1 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>2pm - 4pm <b>Living with Bereavement and Loss</b> (2 of 2)</p> <p>2pm - 4pm <b>Social, Board Games and Book Club for Students</b> <b>Easthampstead Works</b></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (5 of 8) <b>South Hill Park</b></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (2 of 7)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (2 of 6)</p>	<p>10:30am - 12:30pm <b>Finding Our Purpose in Life</b> (2 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (6 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (6 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (3 of 7)</p> <p>10:30am - 12:30pm <b>Design your own Recovery Vision Board</b> (1 of 3) <b>Bracknell Library</b></p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (2 of 6)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (6 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (2 of 6)</p>	<p>10:30am - 12:30pm <b>Mindful Communication</b> (2 of 2)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15am - 12:15pm <b>Easy Seated Yoga</b> <b>Bracknell Library</b> (2 of 6)</p> <p>2pm - 4pm <b>Building Confidence and Managing Relationships</b> (1 of 3)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (6 of 10)</p>

# JUNE 2025

MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
<p>10:30am - 12.30pm <b>Exploring and Better Understanding Low Mood and Depression</b> (2 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>2pm - 4pm <b>Exploring and Better Understanding Anger</b></p> <p>2pm - 4pm <b>Social, Board Games and Book Club for Students</b> <i>Easthampstead Works</i></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (6 of 8) <i>South Hill Park</i></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (4 of 7)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (3 of 6)</p>	<p>10:30am - 12:30 pm <b>Jigsaw of Self Discovery</b> (1 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (7 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (7 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (5 of 7)</p> <p>10:30am - 12:30pm <b>Design your own Recovery Vision Board</b> (2 of 3) <i>Bracknell Library</i></p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (3 of 6)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (7 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (3 of 6)</p>	<p>10:30am - 12:30pm <b>Introduction to Mindfulness</b> (1 of 2)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15am - 12:15pm <b>Easy Seated Yoga</b> <i>Bracknell Library</i> (3 of 6)</p> <p>2pm - 4pm <b>Building Confidence and Managing Relationships</b> (2 of 3)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (7 of 10)</p>

# JUNE 2025

MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
<p>10:30am - 12:30pm <b>Exploring and Understanding Controlling Relationships</b> (1 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>2pm - 4pm <b>Exploring and Better Understanding PTSD</b></p> <p>2pm - 4pm <b>Social, Board Games and Book Club for Students</b> <i>Easthampstead Works</i></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (7 of 8) <i>South Hill Park</i></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (6 of 7)</p> <p>10am, 11am or 12pm <b>One to One Sessions for Better Money Management</b></p> <p>2pm - 4pm <b>Relaxing Crafting</b> (4 of 6)</p>	<p>10:30am - 12:30 pm <b>Jigsaw of Self Discovery</b> (2 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (8 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (8 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (7 of 7)</p> <p>10:30am - 12:30pm <b>Design your own Recovery Vision Board</b> (3 of 3) <i>Bracknell Library</i></p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (4 of 6)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (8 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (4 of 6)</p>	<p>10:30am - 12:30pm <b>Introduction to Mindfulness</b> (2 of 2)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15am - 12:15pm <b>Easy Seated Yoga</b> <i>Bracknell Library</i> (4 of 6)</p> <p>2pm - 4pm <b>Building Confidence and Managing Relationships</b> (3 of 3)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (8 of 10)</p>



# JUNE/JULY 2025

MONDAY 30TH	TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH
<p>10:30am - 12:30pm <b>Exploring and Better Understanding Controlling Relationships</b> (2 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>2pm - 4pm <b>Exploring and Better Understanding Panic</b></p> <p>2pm - 4pm <b>Social, Board Games and Book Club for Students</b> <i>Easthampstead Works</i></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (8 of 8) <i>South Hill Park</i></p>	<p>10:30am - 12:30pm <b>Exploring and Understanding Trauma</b> (1 of 2)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (5 of 6)</p>	<p>10:30am - 12:30pm <b>Healthy Mind, Healthy Technology</b> (1 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (9 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (9 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Exploring and Better Understanding Trauma</b> (2 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (5 of 6)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (9 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (5 of 6)</p>	<p>10:30am - 12:30pm <b>Exploring and Understanding Forgiveness</b></p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15am - 12:15pm <b>Easy Seated Yoga</b> <i>Bracknell Library</i> (5 of 6)</p> <p>2pm - 4pm <b>Harnessing the Power of Positivity</b></p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (9 of 10)</p>

# JULY 2025

MONDAY 7TH	TUESDAY 8TH	WEDNESDAY 9TH	THURSDAY 10TH	FRIDAY 11TH
<p>10:30am - 12:30pm <b>Exploring and Better Understanding Emotional Boundaries</b> (1 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>2pm - 4pm <b>Exploring and Better Understanding the Language of Emotions</b></p> <p>2pm - 4pm <b>Social, Board Games and Book Club for Students</b> <b>Easthampstead Works</b></p>	<p>10:30am - 12:30pm <b>Finding Joy in Being Alone</b></p> <p>2pm - 4pm <b>Relaxing Crafting</b> (6 of 6)</p>	<p>10:30am - 12:30pm <b>Healthy Mind, Healthy Technology</b> (2 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (10 of 10)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (10 of 10)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Exploring and Understanding Emotional Boundaries</b> (2 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (6 of 6)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (10 of 10)</p> <p>3:30pm - 4:30pm <b>Make an Artist book and Zine</b> (6 of 6)</p>	<p>10:30am - 12:30pm <b>Exploring and Understanding How to Move Beyond Labels</b></p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:15am - 12:15pm <b>Easy Seated Yoga</b> <b>Bracknell Library</b> (6 of 6)</p> <p>2pm - 4pm <b>Exploring and Better Understanding Self Doubt and Mental Health</b></p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (10 of 10)</p>