

## JANUARY 2025

MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH
<p>10:30am - 11:30am OR 12pm - 1pm <b>Introduction to Foundations of Recovery</b></p> <p>2pm - 4pm <b>Exploring and Understanding ADHD</b> (1 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> <i>Easthampstead Works</i></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (1 of 11) <i>South Hill Park</i></p>	<p>10:30am - 1pm <b>Building Our Connection with Nature Walk at The Elms</b> (1 of 2)</p> <p>10am, 11am or 12pm <b>One to One Sessions For Better Money Management</b></p> <p>2pm - 4pm <b>Relaxing Crafting</b> (1 of 5)</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> (1 of 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (1 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30 pm <b>Healthy Technology for a Healthy Mind</b> (1 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (1 of 5)</p> <p>2pm- 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (1 of 11)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (1 of 5)</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (1 of 7)</p> <p>10 - 11am <b>Easy Mindful Yoga</b> 11:30am - 12:30pm <b>Easy Seated Yoga</b> <i>Bracknell Library</i> (1 of 5)</p> <p>2pm -4pm <b>Exploring and Understanding Anger</b></p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (1 of 11)</p>

## JANUARY 2025

MONDAY 20TH	TUESDAY 21ST	WEDNESDAY 22ND	THURSDAY 23RD	FRIDAY 24TH
<p>10:30am - 1pm <b>Foundations of Recovery</b> (2 of 7)</p> <p>2pm - 4pm <b>Exploring and Understanding ADHD</b> (2 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> <i>Easthampstead Works</i></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (2 of 11) <i>South Hill Park</i></p>	<p>10:30am - 12:30 pm <b>Building Our Connection with Nature</b> (2 of 2)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (2 of 5)</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> (2 of 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (2 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Healthy Technology for a Healthy Mind</b> (2 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (2 of 5)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (2 of 11)</p> <p>3:30pm-4:30pm <b>Photography, Collage and Story Telling</b> (2 of 5)</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (3 of 7)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:30am - 12:30pm <b>Easy Seated Yoga</b> <i>Bracknell Library</i> (2 of 5)</p> <p>2pm - 4pm <b>Exploring and Understanding Stress and Anxiety</b> (1 of 2)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (2 of 11)</p>

## JANUARY 2025

MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	FRIDAY 31ST
<p>10:30am - 1pm <b>Foundations of Recovery</b> (4 of 7)</p> <p>2pm - 4pm <b>Exploring and Understanding Low Mood and Depression</b> (1 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (3 of 11) South Hill Park</p>	<p>10:30am - 12:30pm <b>Using ADHD as a Superpower</b> (1 of 2)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (3 of 5)</p>	<p>10:30am - 12:30pm <b>Exploring and Understanding Panic</b></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 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (3 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Exploring and Understanding PTSD</b></p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (3 of 5)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (3 of 11)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (3 of 5)</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (5 of 7)</p> <p>10 - 11am <b>Easy Mindful Yoga</b> 11:30am - 12:30pm <b>Easy Seated Yoga</b> Bracknell Library (3 of 5)</p> <p>2pm - 4pm <b>Exploring and Understanding Stress and Anxiety</b> (2 of 2)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (3 of 11)</p>

## FEBRUARY 2025

MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
<p>10:30am - 1pm <b>Foundations of Recovery</b> (6 of 7)</p> <p>2pm - 4pm <b>Exploring and Understanding Low Mood and Depression</b> (2 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (4 of 11) South Hill Park</p>	<p>10:30am - 12:30pm <b>Using ADHD as a Superpower</b> (2 of 2)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (4 of 5)</p>	<p>10:30am - 12:30pm <b>More Mindful Communication</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> (4 of 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (4 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30 pm <b>Slumber Science and Sleeping Better</b> (1 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (4 of 5)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (4 of 11)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (4 of 5)</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (7 of 7)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:30am - 12:30pm <b>Easy Seated Yoga</b> Bracknell Library (4 of 5)</p> <p>2pm - 4pm <b>Exploring and Understanding Neurodiversity</b> (1 of 2)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (4 of 11)</p>

## FEBRUARY 2025

MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH
<p>10:30am - 12:30pm <b>Exploring and Understanding Autism</b></p> <p>2pm - 4pm <b>Exploring and Understanding Adverse Childhood Experiences</b></p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (5 of 11) South Hill Park</p>	<p>10:30am - 12.30pm <b>Jigsaw of Self Discovery</b> (1 of 2)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (5 of 5)</p>	<p>10:30am - 12:30 pm <b>More Mindful Communication</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> (5 of 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (5 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30 pm <b>Slumber Science and Sleeping Better</b> (2 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (5 of 5)</p> <p>2pm -3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (5 of 11)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (5 of 5)</p>	<p>10:30am - 12:30pm <b>Coping Better with Change</b></p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:30am - 12:30pm <b>Easy Seated Yoga</b> Bracknell Library (5 of 5)</p> <p>2pm - 4pm <b>Exploring and Understanding Neurodiversity</b> (2 of 2)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (5 of 11)</p>
HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM
17TH	18TH	19TH	20TH	21ST

## FEBRUARY 2025

MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH
<p>10:30am - 12:30pm <b>Exploring and Understanding Living Well with Chronic Pain</b></p> <p>2pm - 4pm <b>Exploring and Understanding Living Losses</b></p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (6 of 11) South Hill Park</p>	<p>10:30am - 12.30pm <b>Jigsaw of Self Discovery</b> (2 of 2)</p> <p>10am, 11am or 12pm <b>One to One Sessions For Better Money Management</b></p> <p>2pm - 4pm <b>Relaxing Crafting</b> (1 of 6)</p>	<p>10:30am - 12:30pm <b>The Power of Positivity</b></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 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (6 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Exploring and Understanding Personality Challenges</b> (1 of 2)</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> (6 of 11)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (1 of 6)</p>	<p>10:30am - 12:30pm <b>Self Compassion and Being Kind to Ourselves</b> (1 of 2)</p> <p>10 - 11am <b>Easy Mindful Yoga</b> 11:30am - 12:30pm <b>Easy Seated Yoga</b> Bracknell Library (1 of 6)</p> <p>2pm - 4 pm <b>Exploring and Understanding Controlling Relationships</b> (1 of 2)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (6 of 11)</p>

## MARCH 2025

MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
<p>10:30am - 11.30am OR 12pm - 1pm <b>Introduction to Foundations of Recovery</b></p> <p>2pm - 4pm <b>Exploring and Understanding Ways to Live Better with Trauma</b> (1 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> <i>Easthampstead Works</i></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (7 of 11) <i>South Hill Park</i></p>	<p>10:30am - 12:30pm <b>Exploring and Understanding Forgiveness</b></p> <p>2pm - 4pm <b>Relaxing Crafting</b> (2 of 6)</p>	<p>10:30am - 1pm <b>Building Our Connection with Nature</b> <b>Walk at The Elms</b> <i>Using Involve Training Room as a base</i> (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 11)</p> <p>2pm - 3pm 3pm - 4pm <b>Beginners Guitar Lessons</b> (7 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Exploring and Understanding Personality Challenges</b> (2 of 2)</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> (7 of 11)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (2 of 6)</p>	<p>10:30am - 12.30pm <b>Self Compassion and Being Kind to Ourselves</b> (2 of 2)</p> <p>10 - 11am <b>Easy Mindful Yoga</b> 11:30am - 12:30pm <b>Easy Seated Yoga</b> <i>Bracknell Library</i> (2 of 6)</p> <p>2pm - 4 pm <b>Exploring and Understanding Controlling Relationships</b> (2 of 2)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (7 of 11)</p>

# MARCH 2025

MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH
<p>10:30am - 12:30pm <b>Exploring and Understanding Mental Health and Self Doubt</b></p> <p>2pm - 4pm <b>Exploring and Understanding Ways to Live Better with Trauma</b> (2 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (8 of 11) South Hill Park</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (1 of 7)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (3 of 6)</p>	<p>10:30am - 12:30 pm <b>Building Our Connection with Nature</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 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (8 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (2 of 7)</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> (8 of 11)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (3 of 6)</p>	<p>10:30am - 12:30pm <b>Exploring and Understanding Bereavement and Loss</b> (1 of 2)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:30am - 12:30pm <b>Easy Seated Yoga</b> Bracknell Library (3 of 6)</p> <p>2pm - 4pm <b>Exploring and Understanding Emotional Boundaries</b> (1 of 2)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (8 of 11)</p>



## MARCH 2025

MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST
<p>10:30am - 12:30pm <b>Exploring and Understanding Emotions and the Language of Emotions</b></p> <p>2pm - 4:15pm <b>Food and Mood</b> (1 of 4)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> <i>Easthampstead Works</i></p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (9 of 11) <i>South Hill Park</i></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (3 of 7)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (4 of 6)</p>	<p>10:30am - 12:30 pm <b>Building Confidence &amp; Managing Relationships</b> (1 of 3)</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 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (9 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (4 of 7)</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> (9 of 11)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (4 of 6)</p>	<p>10:30am - 12:30pm <b>Exploring and Understanding Bereavement and Loss</b> (2 of 2)</p> <p>10 - 11am <b>Easy Mindful Yoga</b></p> <p>11:30am - 12:30pm <b>Easy Seated Yoga</b> <i>Bracknell Library</i> (4 of 6)</p> <p>2pm - 4:15pm <b>Food and Mood</b> (2 of 4)</p> <p>2pm - 4pm <b>Exploring and Understanding Emotional Boundaries</b> (2 of 2) <i>Involve room</i></p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (9 of 11)</p>

## MARCH 2025

MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH
<p>10:30am - 12.30pm <b>Exploring and Understanding How to Move Beyond Labels</b> (1 of 2)</p> <p>2pm - 4:15pm <b>Food and Mood</b> (3 of 4)</p> <p>2pm- 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (10 of 11 ) South Hill Park</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (5 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> (5 of 6)</p>	<p>10:30am - 12:30 pm <b>Building Confidence &amp; Managing Relationships</b> (2 of 3)</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 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (10 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (6 of 7)</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> (10 of 11)</p> <p>3:30pm -4:30pm <b>Photography, Collage and Story Telling</b> (5 of 6)</p>	<p>10:30am - 12.30pm <b>Exploring and Understanding How to Move Beyond Labels</b> (2 of 2)</p> <p>10 - 11am <b>Easy Mindful Yoga</b> 11:30am - 12:30pm <b>Easy Seated Yoga</b> Bracknell Library (5 of 6)</p> <p>2pm - 4:15pm <b>Food and Mood</b> (4 of 4)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (10 of 11)</p>

## APRIL 2025

MONDAY 31ST	TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH
<p>10:30am - 12:30pm <b>Introduction to Mindfulness</b> (1 of 2)</p> <p>2pm - 4pm <b>Exploring and Understanding Body Image</b> (1 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (11 of 11) South Hill Park</p>	<p>10:30am - 1pm <b>Foundations of Recovery</b> (7 of 7)</p> <p>2pm - 4pm <b>Relaxing Crafting</b> (6 of 6)</p>	<p>10:30am - 12:30 pm <b>Building Confidence &amp; Managing Relationships</b> (3 of 3)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Beginners Singing for Fun &amp; Wellbeing</b> (11 of 11)</p> <p>2pm - 3pm &amp; 3pm - 4pm <b>Beginners Guitar Lessons</b> (11 of 11)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12.30pm <b>Easter Card Making</b></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> (11 of 11)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (6 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>11:30am - 12:30pm <b>Easy Seated Yoga</b> Bracknell Library (6 of 6)</p> <p>2pm - 4pm <b>Exploring and Understanding Body Image</b> (2 of 2)</p> <p>2pm - 3pm &amp; 3pm 4pm <b>Beginners Guitar Lessons</b> (11 of 11)</p>