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September 2023

10am - 4pm10am - 4pm10am - 4pmMusic therapy & Support Coordinator AppointmentsCounselling & Support Coordinator ApptsArt therapy, Holistic Therapy & Support Coordinator Appts10am - 4pm Art therapy, Holistic Therapy & Support Coordinator Appts10am - 4pm Counselling & Support Coordinator Appts9.30am - 11am 9.30am - 11am Start your week off with tea, coffee, some company and cereal.11am - 12pm Boxercise Drop In (£3 Peace Rm)10am - 11am <u>*New Day/Time</u> Pilates Drop In (£3 Peace Rm)10am - 10.45am Chair based exercises <u>*New Day/Time</u> Drop In (£3 Peace Rm)10am - 11am Group Music Therapy Nordoff Robbins (free) * <u>Starts 18th Sept</u> 12.30pm - 2.30pm Journalling A different them each week (£3 Peace Rm)11.30am - 12.30pm Fibro, M.E., Chronic Pain & Fotigue support group Drop In (£3 Peace room) (fortnightly - 14 th & 28 th)11.30am - 2.30pm Warm Hub (free) Our café space is open. Pop by for a cup of tea11.30am - 12.30pm I1.30am - 12.30pmJournalling How To (workshops)Drop In (£3 Peace room) (fortnightly - 14 th & 28 th)12.30 - 2.30pm Warm Hub (free) Our café space is open. Pop by for a cup of tea	Monday	Tuesday	Wednesday	Thursday
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	good chat. (£3)			
Drop In (£3 Peace Rm)		-		
			Drop In (£3 Peace Rm)	
Next Member Forum is Thursday 28 th September 12pm – 1pm (Peace Room)				

Also available at the centre

Saturday Night Group 4.30 – 6.45pm Foodcycle will provide a FREE vegetarian meal Please note the meals are available for all members and non-members



Tel: 0161 696 7501/07922 423 902 Email: admin@creativelivingcentre.org.uk Website: www.creativelivingcentre.org.uk

1A Rectory Lane Prestwich, M25 1BP

CLC Courses timetable – September 2023

Monday Workshops

Date	Time	Courses and Workshops
11 th September 2023	1pm – 3pm	Managing Emotions
18 th September 2023		Building self-compassion
25 th September 2023		Help with procrastination

Tuesday Workshops - How To ... - Themed around sustainability, upcycling and reusing

Date	Time	Courses and Workshops
5 th September 2023	3:00pm – 4:30pm	Sauerkraut – lets understand gut health
12 th September 2023		Vegan kefir – lets understand gut health
19 th September 2023		Sleep spray – tips for healthy sleep
26 th September 2023		Card making

Thursday Workshops - AM

Date	Time	Courses and Workshops
7 th September 2023		How to start with self-care
14 th September 2023	10.15am - 11.45am	How anxiety affects the body
21 st September 2023		Relaxation techniques
28 th September 2023		Understanding social anxiety

Thursday Workshops - PM

Date	Time	Courses and Workshops
7 th September 2023	12pm - 2pm	Think Better, Feel Better (6-week course) – Week 5
14 th September 2023		Think Better, Feel Better (6-week course) – Week 6
21 st September 2023		Boost Your Confidence (6-week course) – Week 1
28 th September 2023		Boost Your Confidence (6-week course) – Week 2

CLC Charges explained.

Individual Classes, Support Appointments, Groups, Workshops (face to face) - £3 Day Activity Pass - £5 / Weekly Activity Pass - £10 (excludes food in café and therapies) 1 hour 1:1 Therapy, holistic therapy, art therapy - £10