

**June 2023**

Monday	Tuesday	Wednesday	Thursday
<p>10am – 4pm Support Coordinator Appointments</p> <p>9.30am - 11am Breakfast Club (free) Start your week off with tea, coffee, some company and cereal</p> <p>10.30am - 11.30am Chair based exercises Drop In (£3 Peace Rm)</p> <p>11am - 12:30pm Arts for All Drop in (£3 Art Room) Mixed media Art Class</p>	<p>10am – 4pm Counselling & Support Coordinator Appointments</p> <p>10am – 11am Mindfulness Drop In (£3 Sunflower Room)</p> <p>11am – 12pm Boxercise Drop In (£3 Peace Rm) Let's get moving with our new boxercise class.</p> <p>12.30pm – 2.30pm Warm Hub (free) Our café space is open. Pop by for a cup of tea</p> <p>12.30pm – 2.30pm Journalling *NEW* A different theme each week (£3 Peace Rm)</p> <p>4pm -5.30pm Bereavement Group Drop In (£3 Peace Room)</p>	<p>10am – 4pm Art therapy & Support Coordinator Appointments</p> <p>11am-12.30pm Walking Group Drop in (£3 meet at CLC) walking group for all abilities.</p> <p>11.30am – 12.30pm Fibro, M.E., Chronic Pain & Fatigue support group Drop In (£3 Peace room) (fortnightly)</p> <p>12.30pm – 2.30pm Lunch Service Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p>2pm – 3.30pm Learn to Ride Call reception to book (£3) If you lack confidence riding a bike, book a 121 session before coming to Bike Group.</p> <p>2.30pm – 3.30pm Meditation Drop In (£3 Peace Rm)</p> <p>6.30pm-7.30pm Directions for Men - Drop In, support group for men (Free)</p>	<p>10am – 4pm Counselling and Support Coordinator Appointments</p> <p>9.30am – 10.30am Pilates Drop In (£3 Peace Rm)</p> <p>11am - 12:30pm Singing Group with Jean Drop In (£3 Peace Rm)</p> <p>11am – 12.30pm Bike Group Drop in (£3 meet CLC) Try some cycling with the CLC bike leaders.</p> <p>12.30 - 2.30pm Warm Hub (free) Our café space is open. Pop by for a cup of tea</p> <p>2pm – 3.30pm Ladies' Support group. Drop in (£3 Art Room)</p>

Next Member Forum is Thursday 29th June 12pm – 1pm (Peace Room)

Also available at the centre



Saturday Night Group 4.30 – 6.45pm Foodcycle cook a **FREE** vegetarian meal

Please note the meals are available for all members and non-members

CLC Courses timetable – June 2023

Courses and Workshops delivered by the CLC team - Call to book: 0161 696 7501

Monday Workshops

Date	Time	Courses and Workshops
12 th June 2023	1pm - 3pm	Grounding Techniques
19 th June 2023		Managing low moods
26 th June 2023		Flipping your lid: understanding emotional dysregulation

Tuesday Workshops - Cooking with Confidence. Build your confidence in the kitchen and have fun!

Date	Time	Courses and Workshops
6 th June 2023	10am - 12pm	Learn to make fruit crumble
13 th June 2023		Time for Dhal
20 th June 2023		Flapjack Frenzy!
27 th June 2023		Taco Tuesday with spicy salsa

Thursday Workshops - AM

Date	Time	Courses and Workshops
1 st June 2023	10.15am - 11.45am	Embracing Change
8 th June 2023		Combat Stress
15 th June 2023		Motivate Me
22 nd June 2023		Introduction to addictive behaviours
29 th June 2023		Tips for improving focus and concentration

Thursday Workshops - PM

Date	Time	Courses and Workshops
1 st June 2023	12pm - 2pm	How to get a better night's sleep
8 th June 2023		Challenging negative Thoughts
15 th June 2023		Self-care workshop



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22 nd June 2023		Managing emotions – Part 1
29 th June 2023		Managing emotions - Part 2

CLC Charges explained.

Individual Classes, Support Appointments, Groups, Workshops (face to face) - £3

Activity Day Pass (excludes food in café and therapies) - £5

1 hour 1:1 Therapy, holistic therapy, art therapy - £10