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|  Monday | Tuesday | Wednesday | Thursday | Friday  |
| **10am – 4pm**Counselling and Support Coordinator Appointments **11am - 12:30pm***Arts for All*  **Drop in** no need to book on. Mixed media Art Class (£3 Sunshine café)**NEW TIME11.30-12.30pm***Yoga*Gentle and relaxing yoga ( **Drop In** £3 Peace room, please contact reception to book on) **4pm - 5.30pm** *Fortnightly Ladies’ Support group 4th & 18th April 2nd May* (**Drop in** £3 Peace Room, please contact reception to book on) | **10am – 4pm**Counselling and Support Coordinator Appointments **10.30-11.30am***Move It! With Debs* Come along and enjoy some gentle and fun exercises using low weights, boxing and chair-based exercises (**Drop In**  £3 Peace Room, please contact reception to book on)**1.30pm – 3.00pm***Tuesday Social Group***Drop In** Come in for a catch up and a chat(£3 Sunshine Café drop in)**4pm-5.30pm***Bereavement Group*(**Drop In** £3 Peace Room) | **10am – 4pm**Counselling and Support Coordinator Appointments **10am – 4pm***Art Therapy (£8)*appointments (contact reception to go on the waiting list) (Daffodil Room)**11.15am – 12.15pm***Fibro, M.E., Chronic Pain and Fatigue support group* £3 **Drop In**20th  April **at the centre** 27th April **ON ZOOM ONLY**4th May **at the centre****11am - 12.30pm***Craftarama* **Drop In**Come along & make cards and/or decorations for the centre’s 25th birthday celebration in September (£3 Peace Room)**2.45pm – 3.45pm***Meditation*  **Drop In**(£3 Peace Room) | **10am – 4pm**Counselling and Support Coordinator Appointments **10am – 4pm***Music Therapy* 1:1s appointments (please contact reception to go on the waiting list)(Free of charge, Peace Room)**10.30-11.15am***Singing with Sarah* **Drop In** Singing group for all abilities, come along to a friendly & welcoming group **10.30am – 12.30pm***Bike and Brew* (£3 meet at the centre, bike & helmet provided contact reception to go on the waiting list)**11.30am – 12.30pm***Music Therapy group* (Free of charge, Peace Room please contact reception to book on)**1pm – 2pm***Positivitea Meet Up***Drop In**Meet at the centre for a social group and visit local cafes | **10am – 4pm**Counselling and Support Coordinator Appointments **12.30-2pm***Textile Art Group***Drop In (open to all CLC members and non members)**Commemorate the Bury area for the Queen’s Jubilee(Art Room)**1 - 3pm** *Samaritans group* **Drop in** no need to book on(£3 Sunflower/Peace Room)**1.30pm – 2.30pm***Getting Together Group*  **Drop In**Fun quiz and social group(£3 Peace Room) |
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**Also available at the centre**

* **Peer Mentoring** –support calls available and help for members who would like help attending activities outside of the centre ask for Charli at reception or email charli.headley@creativelivingcentre.org.uk

**Saturday Night Group 6.00 – 7.45pm**
Foodcycle cook a **FREE** vegetarian meal
Please note the meals are available for all members and non-members

**New Course Dates
Starting Saturday 23rd April for 7 weeks**1.30-3.30pm (£21 for the course or £3/session) **Building Blocks for Wellbeing**
This 7 week course aims to develop brick by brick, areas of self-development that can help to improve your own well-being.  This course will cover self-care, grounding techniques, change, sleep and relaxation, anxiety and worry, self-compassion, and gratitude. This will also include (optional) weekly activities to do at home in between each session.
If you would like to book on to this course please speak to reception, ring 0161 696 7501 or email reception@creativelivingcentre.org.uk

**CLC Charges explained
1 hour 1:1 Therapy** - £8
**½ hour 1:1 Therapy** - £4
**New member appointment** (NM) – No charge
**Support Phone Session** (SS) – No charge

**Support Appointment & Groups** (face to face) - £3

**Centre meeting** – No charge if not attending activities before or after, otherwise £3

 ***Check our Facebook members page for regular centre news & updates, please save our mobile number into your phone 07597 419 894 as we will text you reminders from time to time.***