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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)**11.30-12.30pm***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 25th May, 8th June(Sunshine Café, now fortnightly & held at the centre)**NEW GROUP STARTING JUNE 8TH12.30pm – 2.00pm***Writing for Wellbeing* Creative writing group for all abilities Every week the group will focus on different themes including reflective writing and writing for well-being.**Drop In**(£3 Peace Room)**2.45pm – 3.45pmNOT ON 15th June – 4th July Returns 6th July** *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 **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 **10-11.30pm***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** (£3 Sunflower/Peace Room)**1.30pm – 2.30pm***Getting Together Group*  **Drop In**Fun quiz and social group(£3 Peace Room) |
| **2pm-3.30pm***Gardening Group* Friendly gardening group all members welcome.(**Drop In** £3) |

**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 5.00 – 6.45pm**
Foodcycle cook a **FREE** vegetarian meal
Please note the meals are available for all members and non-members

**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.***