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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 8TH 12.30pm – 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 – 3.45pm NOT 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](mailto: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.***