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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **10am - 4pm** *Counselling & Holistic Therapy (massage, reiki, reflexology) appointments £8 Support Coordinator appointments* (£3 please contact reception to book an appointment)  **10am-12pm** *Drama, Life Skills & Employability*  (contact reception to book on to this session £3 Peace room)   **11am - 12:30pm** *Arts for All*   **Drop in** no need to book on. Mixed media Art Class (£3 Sunshine café)  **1-2pm** *Yoga* Gentle and relaxing yoga  (£3 Peace room, please contact reception to book on)   **4pm - 5.30pm** *Fortnightly Ladies’ Support group 7th & 21st Feb 7th March* (**Drop in** £3 Peace Room, please contact reception to book on) | **10am - 4pm**  *Counselling appointments £8 & Support Coordinator appointments* (£3 please contact reception to book an appointment)  **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 ( £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 & Holistic Therapy (massage, reiki, reflexology) appointments £8 Support Coordinator appointments* (£3 please contact reception to book an appointment)  **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**2nd March face to face Sunshine Cafe 9th March **ON ZOOM** contact reception for code & password 16th March at the centre  23rd March **ON ZOOM**  **11am - 12.30pm**  *Craftarama* **Drop In**(£3 Peace Room)  **12.45pm – 1.45pm**  *EFT – Tapping*  **Drop In**Learn acupressure techniques for relaxation  (£3 Peace Room)  **2.45pm – 3.45pm**  *Meditation*  **Drop In**  (£3 Peace Room) | **10am – 4pm**  *Music Therapy* 1:1s appointments (please contact reception to go on the waiting list)  (Free of charge, Peace Room)  **10.30am – 12.30pm**  *Bike and Brew*  (£3 meet at the centre, bike & helmet provided please contact reception to go on the waiting list)  **11.15am – 12.15pm**  *Music Therapy group*  (Free of charge, Peace Room please contact reception to book on)  **1pm – 2pm**  *Positivitea Meet Up* Meet at the centre for a social group and visit cafes around Prestwich | **10.30am – 120pm**  *Holding Space*  **Drop In**10 mis to talk and be listened to, no interruptions, a place to be heard  (£3 Peace Room)  **12.30-2pm NEW** *Textile Art Group*  **Drop In (open to all CLC members and no members)**Contribute towards an art quilt commemorating the Bury area for the Queen’s Jubilee **STARTS 18th March**  (£3 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, book on at reception  (£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](mailto: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

**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 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.***