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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 £8Support 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 Cafe9th March **ON ZOOM** contact reception for code & password16th 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

**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.***