

Our Activity Timetable – May 2025 (all activities are weekly, unless stated)

= online
 = new group
 = in the community

Monday	Tuesday	Wednesday	Thursday	Friday
Paws & Reflect 12 th May *FULL CAPACITY 10:30am – 12:00pm Where? Stanwell	Appreciating Music 10:30am – 12:00pm Where? Online	Reflecting on History 10:30am – 12:00pm Where? Online	Parent Wellbeing 1 st & 15 th May 9:15am – 11:00am Where? Woking	Wellbeing Group 10:00am – 11:30am Where? Woking
An hour in Nature 5 th May 10:30am – 12:00pm Where? Guildford	Mindfulness Hour 1:30pm – 2:30pm *** COMING SOON Where? Woking	Mood & Food 14 th & 28 th May 11:00am-12:00pm Where? Online	Supporting Connections 10:30am – 11:30am Where? Online	Social Group 10:00-11.30am *** COMING SOON Where? Ashford
Social Group 1:30-3:30pm Where? Cranleigh	Craft & Natter 1.00pm-3:00pm Where? Woking	OCD Support Group 12:00pm – 1:00pm Where? Online	LGBTQ+ (6-week course) Starting 1 st May 11.30am-12.30pm Where? Online	2 hours in Nature 10:30am – 12:30pm Where? Farnham
Depression/Anxiety Support 1:30pm – 3:00pm Where? Online	Flourish & Grow (Gardening) 1:00pm – 3:00pm Where? Surrey Heath	Social Group * FULL CAPACITY 1:00pm – 3:00pm Where? Woking	Flourish & Grow (Gardening) 10:00am – 12:00pm Where? Woking	Social Group 1:30pm – 3.30pm Where? Godalming
Supporting Mental Wellbeing – 23+ *FULL CAPACITY 6:00pm – 8:00pm Where? Online	Social Group *FULL CAPACITY 1:30pm – 3:00pm Where? Staines	Wellbeing Walk 1:00pm – 3:00pm Where? Surrey Heath	Financial Wellbeing 29 th May 11:00am-12:00pm Where? Online	Welcome Wizards FC 3:00pm - 4:00pm Where? Surrey Heath
Gaming Retreat (16-23) 3:30pm – 5:00pm *** COMING SOON Where? Addlestone	Autism Support Group *FULL CAPACITY 6:00pm – 7:30pm Where? Online	Depression/Anxiety Support *FULL CAPACITY 5:30pm – 7:00pm Where? Online	Schizophrenia Peer Support 2:00pm – 3:00pm Where? Guildford	Young Persons Support Group – 16-23 4:00pm – 5:00pm *** COMING SOON Where? Online

Register for our groups - If you would like to register for any of these activities, please register online via the link or use the contact details. **Register online:** www.catalystsupport.org.uk/register/

Email: groups.cc@catalystsupport.org.uk **Tel:** 01276 409 415

Text: 07919 541 424