

Community Connections June Activity Timetable

■ = Online Group
■ = In-Person Group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:30 pm - 3:00 pm: Depression/Anxiety Support	1:30 pm - 3:30 pm: Flourish & Grow (Gardening) Frimley Lodge Park	10:30 am - 12:00 pm: Reflecting on History	9:30 am - 11:00 am: Parent Wellbeing *4 th & 18 th	10:00 am - 11:30 am: Wellbeing Group Woking	10:00 am - 11:00 am: Maintaining Sobriety *13 th & 27 th
10:30 am - 12:00 pm: Paws & Reflect - *8 th June Stanwell	2:00 pm - 3:30 pm: Craft & Natter Woking	11:00 am - 12:00 pm: Mood & Food	10:30 am - 11:30 am: Supporting Connections	10:30 am - 12:00 pm: Appreciating Music	
2:00 pm - 3:30 pm: Social Group Cranleigh	2:00 pm - 3:30 pm: Social Group Staines	11:00 am - 12:00 pm: OCD Support Group - 24 th June	2:00 pm - 3:00 pm: Positive Change Chertsey	2:00 pm - 3:30 pm: Social Group Godalming	
6:00 pm - 8:00 pm: Supporting Mental Wellbeing 23+	6:00 pm - 7:30 pm: Autism Support Group	2:00 pm - 3:30 pm: Social Group Woking	2:00 pm - 3:00 pm: Schizophrenia Peer Support Guildford	3:00 pm - 4:00 pm: Football For Wellbeing Surrey Heath	
		2:00 pm - 3:30 pm: Wellbeing Walk Surrey Heath	6:30 pm - 7:30 pm: LGBTQ With Outline *4 th , 11 th & 18 th		
		5:30 pm - 7:00 pm: Depression/Anxiety Support Online Group A - 3rd/17th Group B - 10th/24th			

