

Community Connections August Activity Timetable

■ = Online Group
■ = In-Person Group

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 am - 12:00 pm: Paws and Reflect *10 th August Stanwell	1:30 pm - 3:30 pm: Flourish & Grow (Gardening) Frimley	10:30 am - 12:00 pm: Reflecting on History	9:30 am - 11:00 am: Parent Wellbeing *6 th & 20 th August	10:00 am - 11:30 am: Wellbeing Group Woking	10:00 am - 11:00 am: Maintaining Sobriety *8 th & 22 nd August
1:30 pm - 3:00 pm: Depression/Anxiety Support	2:00 pm - 3:30 pm: Craft & Natter Woking	11:00 am - 12:00 pm: OCD Support Group *5 th & 19 th	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 Cranleigh	2:00 pm - 3:30 pm: Social Group Staines	12:00 pm - 2:00 pm: Zumba and Yoga (women's) Camberley	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+ Support Group		
		5:30 pm - 7:00 pm: Depression/Anxiety Support			

