

Warrington Day Service - January Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>Digital Drop in 10:00am – 12:00pm</p>  | <p>Journal Therapy Starting 16th January 10:30am – 11:30am</p>  | <p>Relax, Listen and Talk 11:00am – 12:00pm</p>  | <p>Create and Connect 10.30am - 12:00pm</p>  | <p>Wellbeing Walk 10:30am – 11:30am</p>  |
| <p style="text-align: center;">Bistro Open Monday to Friday 11am-1.30pm BRAND NEW MENU!</p>   | | | | |
| <p>Afternoon Quiz 1:30pm-2:30pm</p>  | | <p>Women Together 1:00pm – 3:00pm</p>  | <p>Men's Peer Support 1:00pm – 3:00pm</p>  | <p><small>Mental Health Outreach Team</small> Creative Remedies <small>Arts & Wellbeing</small></p> <p>Read To Relax 1:00pm – 2:00pm Referral needed please ask a member of staff</p> |
| <p>Evening And Weekend Room Hire Available</p> <p>Please call 01925 652204</p> | <p>COCAINE ANONYMOUS</p> <p>6.30pm Group support for addiction.</p>  | <p>Directions For Men</p>  <p>6.30pm Men's peer support group. All welcome.</p> | <p>PURE INSIGHT <small>connecting care leavers</small></p>  <p>6.30pm Support for Care Leavers</p> | <p>Evening And Weekend Room Hire Available</p> <p>Please call 01925 652204</p> |