

NOTE: All groups take place at 23 The Crescent in Leatherhead, unless stated otherwise

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|---|---|--|---|
| Morning | 10:00-12:00 - Men's Drop-in Wetherspoons, Leatherhead | 9:00-12:00 Advice & Info Appts 10:00-11:00 Walking Football Meadowbank, Dorking 10:00-12:00 Art with Beccy (until 12 th Feb, starting again on 26 th Feb) | 11:00-14:00 Butterfly Café | | 10:00-15:00 Advice & Info Appts 10:00-11:00 – Walking Photography – weekly from 25 th Jan, then every two weeks from 8 th Feb 11:00-14:00 Butterfly Café | 11:00-12:00 Walk for Health, Leatherhead Theatre 9 th Feb |
| Afternoon | 15:30 – 16:30 Football Training (Leatherhead Leisure Centre) | 12:30-15:30 – Intro to Managing Anxiety 29 th Jan 12:30-15:30 – Intro to Mindfulness 12 th Feb | 13:30-15:30 Women's Group including: - Creative Writing - 6 Weeks 6 th , 13 th , 20 th Feb (+ into March) - Cupcake Decorating – 1 week 27 th Feb | 13:00-17:00 Advice & Info – Linden House - | 13:15-14:15 Beginners Yoga – Church Hall, St. Peter & St. Paul Church, Garlands Road, Leatherhead 11 th Jan (for 6 weeks) | |
| Evening | | | | 19:00-21:00 Bipolar Group 7 th Feb 19:00-21:00 Hoarder's Group 14 th Feb 19:00-21:00 Men's Group 31 st Jan / 28 th Feb | | |

All activities are weekly unless dates are otherwise stated.