

























September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4 Individual Learning Plan day	5 Ways to Wellbeing: Be Active 11am - 1pm (1 of 2 sessions) South Ockendon 	6 My Rested Self: Relaxation 10am - 12pm Online (1 of 3 sessions) 	7 Individual Learning Plan day	8 Individual Learning Plan day
11 Individual Learning Plan day	12 Ways to Wellbeing: Be Active 11am - 1pm (2 of 2 sessions) South Ockendon 	13 My Rested Self: Relaxation 10am - 12pm Online (2 of 3 sessions) 	14 Individual Learning Plan day	15 Individual Learning Plan day
18 Progressing with Visualisation Online 11am - 12:30pm 	19 Ways to Wellbeing: Learn 11am - 1pm South Ockendon 	20 My Rested Self: Relaxation 10am - 12pm Online (3 of 3 sessions) 	21 Individual Learning Plan day	22 Introduction to Anxiety 11am - 1pm Online (1 of 2 sessions) 
25 Individual Learning Plan day	26 Ways to Wellbeing: Connect 11-1 pm (1 of 2 sessions) South Ockendon 	27 Individual Learning Plan day Thurrock Health Centre	28 Individual Learning Plan day	29 Introduction to Anxiety 11am - 1pm Online (2 of 2 sessions) 

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Individual Learning Plan day Aveley	3 Ways to Wellbeing: Connect 11am - 1pm (2 of 2 sessions) South Ockendon 	4 Understanding Depression 12 - 2pm (1 of 3 sessions) Grays 	5 Food and Mood 12 - 2pm (1 of 3 sessions) Grays 	6 Individual Learning Plan day	
9 Individual Learning Plan day Aveley	10 Ways to Wellbeing: Give 11am - 1pm South Ockendon 	11 Understanding Depression 12 - 2pm (2 of 3 sessions) Grays 	11 My Rested Self: Sleep 6 - 8pm Online (1 of 3 sessions) 	12 Food and Mood 12 - 2pm (2 of 3 sessions) Grays 	13 Visualisation for Relaxation 1:30 - 2:30pm Online 
16 Individual Learning Plan day Aveley	17 Ways to Wellbeing: Notice 11am - 1pm South Ockendon 	18 Understanding Depression 12 - 2pm (3 of 3 sessions) Grays 	18 My Rested Self: Sleep 6 - 8pm Online (2 of 3 sessions) 	19 Food and Mood 12 - 2 pm (3 of 3 sessions) Grays 	20 Identity and Personality 1:15 - 2:45pm Online (1 of 2 sessions) 
23 Half Term	24 Half Term	25 My Rested Self: Sleep 6 - 8pm Online (3 of 3 sessions) 	26 Half Term	27 Identity and Personality 1:15 - 2:45pm Online (2 of 2 sessions) 	
30 Individual Learning Plan day	31 Individual Learning Plan day				

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p align="right">1</p> <p>Veterans Moving Forwards: Building a Brighter Future 12 - 3pm (1 of 6 sessions) Grays</p> 	<p align="right">2</p> <p>5 Ways to Wellbeing 2 - 4pm (1 of 7 sessions) Grays</p> 	<p align="right">3</p> <p>Money Matters 11 am - 1pm (1 of 3 sessions) Grays</p> 
<p align="right">6</p> <p>Understanding Anxiety 11am -1pm (1 of 3 sessions) Grays</p> 	<p align="right">7</p> <p>Exploring Loss and Moving Forward Online 12 - 2:30pm (1 of 2 sessions)</p> 	<p align="right">8</p> <p>Veterans Moving Forwards: Building a Brighter Future 12 - 3pm (2 of 6 sessions) Grays</p> 	<p align="right">9</p> <p>5 Ways to Wellbeing 2 - 4pm (2 of 7 sessions) Grays</p> 	<p align="right">10</p> <p>Money Matters 11 am - 1pm (2 of 3 sessions) Grays</p> 
<p align="right">13</p> <p>Understanding Anxiety 11am - 1pm (2 of 3 sessions) Grays</p> 	<p align="right">14</p> <p>Exploring Loss and Moving Forward Online 12 - 2:30pm (2 of 2 sessions)</p> 	<p align="right">15</p> <p>Veterans Moving Forwards: Building a Brighter Future 12 - 3pm (3 of 6 sessions) Grays</p> 	<p align="right">16</p> <p>5 Ways to Wellbeing 2 - 4pm (3 of 7 sessions) Grays</p> 	<p align="right">17</p> <p>Money Matters 11am - 1pm (3 of 3 sessions) Grays</p> 
<p align="right">20</p> <p>Understanding Anxiety 11am - 1pm (3 of 3 sessions) Grays</p> 	<p align="right">21</p> <p>Individual Learning Plan day</p>	<p align="right">22</p> <p>Veterans Moving Forwards: Building a Brighter Future 12 - 3pm (4 of 6 sessions) Grays</p> 	<p align="right">23</p> <p>5 Ways to Wellbeing 2 - 4pm (4 of 7 sessions) Grays</p> 	<p align="right">24</p> <p>Individual Learning Plan day</p>
<p align="right">27</p> <p>Awareness Day for Intersex and Transgender Tea & Talk 1 - 2pm Online</p> 	<p align="right">28</p> <p>Individual Learning Plan day</p>	<p align="right">29</p> <p>Veterans Moving Forwards: Building a Brighter Future 12 - 3pm (5 of 6 sessions) Grays</p> 	<p align="right">30</p> <p>Thriving with Neurodiversity Online 10am - 1pm</p>  <p>5 Ways to Wellbeing 2 - 4pm (5 of 7 sessions) Grays</p> 	

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Visualisation for Relaxation 1:30 - 2:30 pm Online 
4 Individual Learning Plan day	5 Individual Learning Plan day	6 Veterans Moving Forwards: Building a Brighter Future 12 - 3pm (6 of 6 sessions) Grays 	7 5 Ways to Wellbeing 2 - 4pm (6 of 7 sessions) Grays 	8 Individual Learning Plan day
11 Individual Learning Plan day	12 Individual Learning Plan day	13 Individual Learning Plan day	14 5 Ways to Wellbeing 2 - 4pm (7 of 7 sessions) Grays 	15 Visualisation for Relaxation 1:30 - 2:30 pm Online 

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