

February 2024














Monday		Tuesday		Wednesday		Thursday		Friday	
29		30		31		1		2	
						5 Ways to Wellbeing South Ockendon 11-1 pm 			
5		6		7		8		9	
		Guided Visualisation for Relaxation (online) 11-12 pm 		Understanding Depression Grays 12-2 pm 		5 Ways to Wellbeing South Ockendon 11-1 pm 			
12		13		14		15		16	
My Rested Self: Relaxation (Online)10–12 pm 		Food and Mood Grays 10-12 pm 		Understanding Depression Grays 12-2 pm 		5 Ways to Wellbeing South Ockendon 11-1 pm 			
19		19		20		21		22	
My Rested Self: Relaxation (Online)10–12 pm 		Communicating with Confidence Grays 10-12pm 		Food and Mood Grays 10-12 pm 		Understanding Depression Grays 12-2 pm 		5 Ways to Wellbeing South Ockendon 11-1 pm 	
26		26		27		28		29	
My Rested Self: Relaxation (Online)10–12 pm 		Communicating with Confidence Grays 10-12pm 		Food and Mood Grays 10-12 pm 		Mindful Walk Grays Park 2-3:30 pm 		5 Ways to Wellbeing South Ockendon 11-1 pm 	
29		30		31		1		2	
						5 Ways to Wellbeing South Ockendon 11-1 pm 			

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March 2024

Monday		Tuesday		Wednesday		Thursday		Friday		
26		27		28		29		1		
4	4	5	6	6	7	8		8		
Understanding Anxiety Grays 1-3 pm	Communicating with Confidence Grays 10-12pm 	Progressing with visualisation (online) 11-12:30 pm 	Money Matters Aveley 12-2pm	Communication Skills (Online) 2-4 pm	5 Ways to Wellbeing South Ockendon 11-1 pm 	Identity and Personality (online) 11-12:30 pm 				
11	11	12	13	13	14	15		15		
Understanding Anxiety Grays 1-3 pm 	Communicating with Confidence Grays 10-12pm 	Relaxation Workshop Grays 2-4 pm 	Money Matters Aveley 12-2 pm 	Communication Skills (Online) 2-4 pm	5 Ways to Wellbeing South Ockendon 11-1 pm 	Identity and Personality (online) 10-12:30 pm 				
18		19		20		21		22		
Understanding Anxiety Grays 1-3 pm 			Thriving with Neurodiversity (online) 12-3:30 pm 					Visualisation for Relaxation (Online) 1:30–2:30 pm 		
25		26		27		28		29		
Easter Week		Easter Week		Mindful Walk Coalhouse Fort: 11-12:30 pm 	Easter Week		Good Friday			

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