

Please be on time, group room doors will be closed at the start of group.

Mon 4th Dec	WALKING CLUB 9:20 – 10:15	FEELINGS GROUP 10:30 – 12:00	LUNCH	MATT'S MUSIC GROUP 1:15 – 2:45	ACTIVITY 3:00 – 4:00
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Tues 5th	WALKING CLUB 9:20 – 10:15	SINGLE GENDER GROUP 10:30 – 12:00	LUNCH	KEYWORKER SESSION 1:15 – 2:15	ACTIVITY 3:00 – 4:00
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YOGA with Jason
2:00 – 3:00

Wed 6th	WALKING CLUB 9:20 – 10:15	MENTAL HEALTH with Andy 10:30 – 12:00	LUNCH	ART WITH CJ 1:15 – 2:45	ACTIVITY 3:00 – 4:00
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Thurs 7th	WALKING CLUB 9:20 – 10:15	OPEN GROUP 10:30 – 12:00	LUNCH	DEBATE GROUP 1:15 – 2:45	BUSTERS ACTIVITIES 3:00 – 4:00
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Fri 8th	WALKING CLUB 9:20 – 10:15	PROCRASTINATION 10:30 – 12:00	LUNCH	MINDFULNESS with Haidee 1:15 – 2:15	CREATIVE WRITING 2:30 – 3:45
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Other groups and activities available at Hamoaze

If you would like to do an activity in the afternoon after all groups, please speak to Sam (Gym) or a member of staff.

PEER SUPPORT
12 STEP - CA MEETING
 Tues 12:30 – 1:30

PLYMOUTH ARGYLE
 Tues 12:00 – 2:00

AFFECTED OTHERS
 Fri 1:00 – 3:00

POP-UP SHOP
AT HAMOAZE
 Every Friday 10:00 – 2:00

