

Well-being Spring Schedule 2018

Start Time: 9:30 AM Time Interval: 30 (in minutes)

Time	Mon	Tue	Wed	Thu	Fri	
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM			Appointment-based One on Ones (11am - 2pm)		WomensZone (11am - 1pm)	
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM				Hearing Voices (1pm - 2pm)	Art Group (1pm - 2pm)	
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM			MIB Recovery Group (2pm - 4:30pm)		One on Ones (12pm - 4pm)	
3:30 PM						
4:00 PM	Singing Group (4pm - 5pm)	Tribal Drumming (4pm- 5pm)				
4:30 PM						
5:00 PM	Independent Life Skills (5pm - 6:30pm)	MensZone (5pm - 7pm)		MixedZone (5pm - 7pm)		
5:30 PM						
6:00 PM						
6:30 PM	Peer Support Group (Open) (6:30pm - 7:30pm)					
7:00 PM		Peer Support Group (Closed) (7pm - 8pm)		Mindfulness Group (7pm - 8pm)		
7:30 PM						

For further information, please call: 01274 730 815

All groups (with the exception of our rolling outreach schemes) will be based at:
Kenburgh House, 2nd Floor, 28 Manor Row, Bradford, West Yorkshire, BD1 4QU

Funded by: Bradford District, Bradford City, and Airedale, Wharfedale, Craven CCG's and the
generous donations of individuals and businesses

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