

# Cape Timetable April – June 2017

Monday 11-5pm

11.30-1pm  
Spanish  
with Julianna

11.30-12.30pm  
News & Current Affairs  
Discussion Group  
with Andrew

1pm Lunch

2-3pm  
Building Resilience  
with Daniel  
*(incorporating Managing My  
Illness with Jess)*

3-4pm  
Adult Education & Training  
with Daniel

3.15-4.15pm  
Mindfulness  
with Jess

4.30-5.00pm  
Ladies who Latte  
with Jess

2-5pm  
ICT with Mark

Wednesday 11-5pm

11.30-12 noon  
Gentle Chair Yoga  
with Jess

11.30-12.30pm  
Life Coaching  
with Anca

12 -1pm  
Recovery Group  
with Daniel

1pm Lunch

2-4pm  
Walk for Wellbeing  
with Wolfgang

2-3pm  
Hearing Voices Group  
with Daniel

3-4pm  
Wellbeing Group  
with Anca

2-5pm  
ICT with Mark

Friday 11-4.30pm

11.15-11.45  
Holiday Planning  
with Pauline

12-1pm  
Healthy Living  
with Pauline

1pm Lunch

2-3pm  
Social Anxiety  
Management  
with Pauline

2-3.30pm  
Benefits Advice with Ade  
(fortnightly)

2.30-4pm  
Art Group  
with Catherine

4-4.30pm  
Pop Choir with Pauline

2-5pm  
ICT with Mark

## Diary Dates

Friday 7 April – World Health Organization Day  
Coping Strategies for Depression

Wednesday 24 May – International Day of Cultural Diversity

Wednesday 12 July – Trip to Eastbourne

Friday 31 July – International Friendship Day