

Cape Timetable

Monday 11-5pm Daniel	Wednesday 11-5pm Pauline	Friday 11-4.30pm Jess
11.45-1pm English Classes w/ Viki	11-12pm Wellbeing Group w/ Anca	11.30-12pm Gentle Yoga w/ Jess
11:30-1pm Your News & Views w/ Daniel	11.30-12.30pm Tech Skills w/ Rajiv	12-1pm Healthy Living w/ Pauline
1pm Lunch	12 noon-1pm Recovery Group w/ Daniel	1pm Lunch
2:15-3pm Get a (Social) Life! w/ Jess	1pm Lunch	2-3pm Mastering Mental Health w/ Jess
2.00-3.00pm Understanding Anger w/ Daniel	2-4:30pm Round London w/ Wolfgang	2-4pm Gardening w/ Laura
3.15-4.15pm Mindfulness w/Jess	2-3pm Hearing Voices Group w/ Daniel	2-3.30pm Benefits Advice w/ Ade (fortnightly)
2-5pm ICT w/ Mark	3-4pm Book Club w/ Pauline	2.30-4pm Art Group w/ Catherine
	2-5pm ICT w/ Mark	2-4.30pm ICT w/ Mark

IMPORTANT DIARY DATES

28th September 2017 – 20 YEAR Celebrations!