

Cape Timetable– May/June 2018

MONDAY 11-5pm	WEDNESDAY 11-5pm	THURSDAY (women only)	FRIDAY 11-4.30pm
11-12 noon News & Views with Patricia	12-1pm Wellbeing Group with Anca 12-1 pm Stress and Anxiety Management with Penny	Starts May 31 10.30-1pm WOW Women Only Workshop	12-1pm Health Living with Pauline
LUNCH	LUNCH		LUNCH
2.15-3.15pm Tree of Life Group with Patricia	2-3pm Recovery Support Group with Pauline		2-3pm Hearing Voices Support Group with Patricia
3.30-4.30pm Mindfulness and Meditation With Pauline	2-4pm Walking Group with Wolfgang		2.30-4pm Art group With Pauline
2-5pm ICT with Mark	3.15-4.15pm Book Group with Pauline		2pm-4pm Benefits advice With Ade (Fortnightly, appointment required)
	2-5pm ICT with Mark		2-4.30pm ICT with Mark