

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>11:00-12:00 Naturally Creative (Wilfred Noyce, Godalming)</p> <p>13:00-14:00 Pilates (online)</p> <p>13:00-14:00 Therapeutic Dance (Last session)</p> <p>14:00-15:00 Yoga (Well & Good, Godalming)</p> <p>16:00-17:15 Wet-on-Wet Watercolours Painting (online)</p>	<p>4</p> <p>10:00-14:00 Advice and Support</p> <p>11:00-12:00 Mental Health Support Group</p> <p>14:30-15:30 Yoga (last session)</p>	<p>5</p> <p>10:30-11:30 Walks for Wellbeing</p> <p>15:00-16:00 Being Kind to yourself (Follow-up) (online)</p> <p>15:00-16:00 Grounding Group</p>	<p>6</p> <p>10:00-12:00 Wellbeing Brunch Café</p> <p>12:30-13:30 Karate (GURC)</p> <p>15:00-16:00 Football (Surrey Sports Park)</p> <p>15:00-16:00 Mindfulness</p>	<p>7</p> <p>09:00-13:00 Suicide Prevention Training</p> <p>12:00-13:00 ActivZone Gym (Guildford College)</p> <p>14:00-17:00 Youth Group</p> <p>15:00- 16:00 Positivity Hour</p>
<p>10</p> <p>11:00-12:00 Naturally Creative (Wilfred Noyce, Godalming)</p> <p>13:00-14:00 Pilates (online)</p> <p>14:00-15:00 Yoga (Well & Good, Godalming)</p> <p>16:00-17:15 Wet-on-Wet Watercolours Painting (online)</p>	<p>11</p> <p>10:00-14:00 Advice and Support</p> <p>11:00-12:00 Mental Health Support Group (Last session)</p>	<p>12</p> <p>10:30-11:30 Walks for Wellbeing</p> <p>11:00-12:30 Summer Basket Arranging</p> <p>15:00-16:00 Grounding Group</p>	<p>13</p> <p>10:00-12:00 Wellbeing Brunch Café</p> <p>12:30-13:30 Karate (GURC) (Last session)</p> <p>15:00-16:00 Football (Surrey Sports Park)</p> <p>15:00-16:00 Mindfulness</p>	<p>14</p> <p>12:00-13:00 ActivZone Gym (Guildford College)</p> <p>14:00-17:00 Youth Group</p> <p>15:00- 16:00 Positivity Hour</p>
<p>17</p> <p>11:00-12:00 Naturally Creative (Wilfred Noyce, Godalming)</p> <p>13:00-14:00 Pilates (online)</p> <p>13:45-15:15 The Man in the Moon Drama Workshop (Wilfred Noyce, Godalming)</p> <p>14:00-15:00 Yoga (Well & Good, Godalming)</p> <p>16:00-17:15 Wet-on-Wet Watercolours Painting (online)</p>	<p>18</p> <p>10:00-14:00 Advice and Support</p>	<p>19</p> <p>10:30-11:30 Walks for Wellbeing</p> <p>12:00-13:30 The Crafty Collective</p> <p>15:00-16:00 Grounding Group</p>	<p>20</p> <p>10:00-12:00 Wellbeing Brunch Café</p> <p>12:30-13:30 Meditation in Motion (GURC)</p> <p>15:00-16:00 Football (Surrey Sports Park)</p> <p>15:00-16:00 Mindfulness</p>	<p>21</p> <p>12:00-13:00 ActivZone Gym (Guildford College)</p> <p>14:00-17:00 Youth Group</p> <p>15:00- 16:00 Positivity Hour</p>
<p>24</p> <p>11:00-12:00 Naturally Creative (Wilfred Noyce, Godalming) (last session)</p> <p>13:00-14:00 Pilates (online)</p> <p>14:00-15:00 Yoga (Well & Good, Godalming) (last session)</p> <p>16:00-17:15 Wet-on-Wet Watercolours Painting (online) (Last session)</p>	<p>25</p> <p>10:00-14:00 Advice and Support</p>	<p>26</p> <p>10:30-11:30 Walks for Wellbeing</p> <p>12:00-13:30 The Crafty Collective</p> <p>No Grounding Group today</p>	<p>27</p> <p>10:00-12:00 Wellbeing Brunch Café</p> <p>12:30-13:30 Meditation in Motion (GURC)</p> <p>15:00-16:00 Football (Surrey Sports Park)</p> <p>15:00-16:00 Mindfulness</p>	<p>28</p> <p>12:00-13:00 ActivZone Gym (Guildford College)</p> <p>14:00-17:00 Youth Group</p> <p>15:00- 16:00 Positivity Hour</p>