

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>12:30-13:30 Grief & Bereavement 13:00-14:00 Pilates (online) 16:00-17:15 Wet-on-Wet Watercolours (online) (Last session)</p>	<p>2</p> <p>NO ADVICE & SUPPORT TODAY DUE TO CLIENT SERVICES TRAINING</p>	<p>3</p> <p>10:30-11:30 Walks for Wellbeing 12:00-13:30 The Crafty Collective 15:00-16:00 Grounding Group (Last session)</p>	<p>4</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Meditation in Motion (GURC) 15:00-16:00 Football (Surrey Sports Park) 15:00-16:00 Mindfulness (online)</p>	<p>5</p> <p>12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday (online)</p> <p>NO YOUTH GROUP TODAY</p>
<p>8</p> <p>12:30-13:30 Grief & Bereavement 13:00-14:00 Pilates (online) (Last session) 15:00-16:00 Wellbeing Support Group 16:00-17:00 Portrait Drawing (online)</p>	<p>9</p> <p>10:00-14:00 Advice and Support</p>	<p>10</p> <p>10:30-11:30 Walks for Wellbeing 12:00-13:30 The Crafty Collective 19:00-20:00 Stress Management (online)</p>	<p>11</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Meditation in Motion (GURC) 15:00-16:00 Football (Surrey Sports Park) 15:00-16:00 Mindfulness (online)</p>	<p>12</p> <p>14:00-17:00 Youth Group 14:00-15:00 Feel Good Friday (online)</p> <p>NO ACTIVZONE GYM TODAY</p>
<p>15</p> <p>12:30-13:30 Grief & Bereavement 15:00-16:00 Wellbeing Support Group 16:00-17:00 Portrait Drawing (online)</p>	<p>16</p> <p>10:00-14:00 Advice and Support 18:00-19:00 Spanish for Beginners (online)</p>	<p>17</p> <p>10:30-11:30 Walks for Wellbeing 12:00-13:30 The Crafty Collective 19:00-20:00 Stress Management (online)</p>	<p>18</p> <p>10:00-12:00 Wellbeing Brunch Café 11:00-14:00 The Sculpture Park Trip 12:30-13:30 Meditation in Motion (GURC) 15:00-16:00 Football (Surrey Sports Park) 15:00-16:00 Mindfulness (online)</p>	<p>19</p> <p>14:00-17:00 Youth Group 14:00-15:00 Feel Good Friday (online)</p> <p>NO ACTIVZONE GYM TODAY</p>
<p>22</p> <p>12:30-13:30 Grief & Bereavement 13:00-14:00 Move, Stretch and Relax (online) 15:00-16:00 Wellbeing Support Group 16:00-17:00 Portrait Drawing (online)</p>	<p>23</p> <p>10:00-14:00 Advice and Support 18:00-19:00 Spanish for Beginners (online)</p>	<p>24</p> <p>10:00-11:00 Psychoeducation 10:30-11:30 Walks for Wellbeing 12:00-13:30 The Crafty Collective 19:00-20:00 Stress Management (online)</p>	<p>25</p> <p>10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Meditation in Motion (GURC) 15:00-16:00 Football (Surrey Sports Park) 15:00-16:00 Mindfulness (online)</p>	<p>26</p> <p>12:00-13:00 ActivZone Gym (Guildford College) 14:00-17:00 Youth Group 14:00-15:00 Feel Good Friday (online)</p>
<p>29</p> <p>12:30-13:30 Grief & Bereavement (Last session) 13:00-14:00 Move, Stretch and Relax (online) 15:00-16:00 Wellbeing Support Group (Last session) 16:00-17:00 Portrait Drawing (online)</p>	<p>30</p> <p>10:00-14:00 Advice and Support 18:00-19:00 Spanish for Beginners (online)</p>	<p>31</p> <p>10:00-11:00 Psychoeducation 10:30-11:30 Walks for Wellbeing 12:00-13:30 The Crafty Collective 19:00-20:00 Stress Management (online)</p>		