

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 12:00-13:30 The Crafty Collection 13.45-14:45 Yoga for All (Well & Good, Godalming) 1930-20:30 Stress, Sleep, Anxiety Management (Online)	2 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Art Journaling (Rowley - Waverley Suite) 12:30-13:30 Taiso (GURC)	3 10:30-11:30 Crochet & Chat/Poppy project 12:00-13:00 ActivZone Gym (Guildford College) 14:00-16:00 Building Healthier Connections/Workshop with Russell 18:00-19:00 LGBTQ + Peer Support Group (online)
6 11:00-12:00 Managing Stress and Anxiety 14:00-15:00 Chair Pilates (online) 16:00-17:15 Painting Autumn Landscapes (online)	7 12:00-13:30 Colour of You `Art` (Wilfred Noyce, Godalming) 12:30-13:30 Anger Management (Online) 14:00-15:00 Creative Writing 15:00-16:00 Pilates with Julie (GURC)	8 12:00-13:30 The Crafty Collection 13.45-14:45 Yoga for All (Well & Good, Godalming) 1930-20:30 Stress, Sleep, Anxiety Management (Online)	9 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Art Journaling (Rowley - Waverley Suite) No Taiso Session	10 10:30-11:30 Crochet & Chat/Poppy project 12:00-13:00 ActivZone Gym (Guildford College) 14:00-16:00 Communicating with Confidence/Workshop with Russell 18:00-19:00 LGBTQ + Peer Support Group (online)
13 11:00-12:00 Managing Stress and Anxiety 14:00-15:00 Chair Pilates (online) 16:00-17:15 Painting Autumn Landscapes (online)	14 12:00-13:30 Colour of You `Art` (Wilfred Noyce, Godalming) 12:30-13:30 Anger Management (Online) 14:00-15:00 Creative Writing 15:00-16:00 Pilates with Julie (GURC)	15 12:00-13:30 The Crafty Collection 13.45-14:45 Yoga for All (Well & Good, Godalming) 14:00-15:30 LGBTQ Meet Up Café 1930-20:30 Stress, Sleep, Anxiety Management (Online)	16 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Art Journaling (Rowley - Waverley Suite) (Last Session) 12:30-13:30 Taiso (GURC)	17 10:30-11:30 Crochet & Chat/Poppy project 12:00-13:00 ActivZone Gym (Guildford College) 14:00-16:00 Emotional Regulation and Self-Care/Workshop with Russell 18:00-19:00 LGBTQ + Peer Support Group (online)
20 11:00-12:00 Managing Stress and Anxiety 13:30-16:30 Kickstart (online) 14:00-15:00 Chair Pilates (online) 16:00-17:15 Painting Autumn Landscapes (online)	21 12:00-13:30 Colour of You `Art` (Wilfred Noyce, Godalming) 12:30-13:30 Anger Management (Online) (Last session) 14:00-15:00 Creative Writing 15:00-16:00 Pilates with Julie (GURC) 16:30-17:30 Kickstart (Surrey Sports Park, Studio A)	22 12:00-13:30 The Crafty Collection 13.45-14:45 Yoga for All (Well & Good, Godalming) 14:00-15:30 Diwali Workshop 1930-20:30 Stress, Sleep, Anxiety Management (Online)	23 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Taiso (GURC)	24 10:30-11:30 Crochet & Chat/Poppy project 12:00-13:00 ActivZone Gym (Guildford College) 13:00-15:00 Diwali Workshop 15:00-16:00 Kickstart (Surrey Sports Park, Varsity Suite) 18:00-19:00 LGBTQ + Peer Support Group (online)
27 11:00-12:00 Managing Stress and Anxiety 14:00-15:00 Chair Pilates (online) 16:00-17:15 Painting Autumn Landscapes (online)	28 No Colour of You `Art` 10:00-14:00 Nature Wellness: Winkworth Arboretum 14:00-15:00 Creative Writing 15:00-16:00 Pilates with Julie (GURC) 16:30-17:30 Kickstart (Surrey Sports Park, Studio A)	29 12:00-13:30 The Crafty Collection/Halloween Special 13.45-14:45 Yoga for All (Well & Good, Godalming) NO Stress, Sleep, Anxiety Management	30 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Taiso (GURC) 14:00-16:00 Autumn Flower Workshop	31 10:30-11:30 Crochet & Chat/Poppy project 12:00-13:00 ActivZone Gym (Guildford College) 15:00-16:00 Kickstart (Surrey Sports Park, Varsity Suite) 18:00-19:00 LGBTQ + Peer Support Group (online)

