



# WEEKLY TIMETABLE



|                  |  |  |
|------------------|--|--|
| <b>MONDAY</b>    | Anxiety and Depression Group<br>Creative Writing Group   | 10.30am - 12.00pm<br>2.00pm – 3.30pm   |
| <b>TUESDAY</b>   | Basic English<br>AA<br>Arts and Crafts   | 10.00am – 12.00pm<br>11.00pm – 12.30pm<br>2.30pm – 4.30pm  |
| <b>WEDNESDAY</b> | Gardening Group<br>Women's Group<br>Men's Group<br>Transgender Support Group<br>Reiki – 1 <sup>st</sup> Wednesday of the month – <b>Booking Required</b> | 10.00am – 3.00pm<br>12.30pm – 1.30pm<br>2.00pm – 3.00pm<br>3.30pm – 5.00pm<br>20 minute individual sessions from 10.20am |
| <b>THURSDAY</b>  | Basic Maths<br>STARS Stay Stopped Group<br><b>Booking Required</b><br>ARC (Addiction Recovery Chat)<br>Serenity Group<br>Arts and Crafts                 | 10.00am-12.00am<br>10.30am-12.30pm<br><br>1.00pm – 2.00pm<br>2.15pm – 3.15pm<br>2.30pm – 4.30pm                          |
| <b>FRIDAY</b>    | Anxiety and Depression Group<br>AA<br><b>AA</b>  | 10.30am – 12.00pm<br>12.00pm – 2.00pm<br><b>7.00pm – 8.30pm</b>  |

## Drop in Services

|                                    |   |                        |
|------------------------------------|---|------------------------|
| Telford & Wrekin Housing Solutions | Every Monday  | 11.30am – 1.00pm       |
| Citizens Advice                    | 1st & 3rd Thursday of the month <b>Booking required</b> | 10.00am – 1.00pm       |
| Trident                            | Fridays   | 10.00am – 4.00pm       |
| Diabetes UK Support Group          | <b>1st Wednesday of the month</b>                       | <b>6.30pm – 8.00pm</b> |
| U3A                                | 4th Friday of the month                                 | 2.00pm – 4.00pm        |

**Strickland House, The Lawns, Wellington, Telford TF1 3BX**

**For bookings and general enquiries contact: 01952 899204**

**We offer an open-door service for 1-2-1's between 9.00am - 5.00pm (mental health & addiction recovery support). No appointment required.**

12/05/2025