



# WEEKLY TIMETABLE



<b>MONDAY</b>	Anxiety and Depression Group Al Anon Group (from 05/01/2026) Creative Writing Group Breath of Life – Men's Mental Health Support Talking Circle	10.30am - 12.00pm 1.00pm – 2.30pm 2.00pm – 3.30pm <b>6.00pm – 8.00pm</b>
<b>TUESDAY</b>	AA Arts and Crafts	11.00pm – 12.30pm 2.30pm – 4.30pm
<b>WEDNESDAY</b>	Gardening Group Women's Group Men's Group Transgender Support Group Reiki – 1 <sup>st</sup> Wednesday of the month – <b>Booking Required</b>	10.00am – 3.00pm 12.30pm – 1.30pm 2.00pm – 3.00pm 3.30pm – 5.00pm 20-minute individual sessions from 10.20am
<b>THURSDAY</b>	STARS Stay Stopped Group <b>Booking Required</b> ARC (Addiction Recovery Chat) Serenity Group Arts and Crafts	10.30am-12.30pm  1.00pm – 2.00pm 2.15pm – 3.15pm 2.30pm – 4.30pm
<b>FRIDAY</b>	Anxiety and Depression Group AA Cooking Group - <b>Booking Required</b> <b>AA</b>	10.30am – 12.00pm 12.00pm – 2.00pm 2.00pm – 4.00pm <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 (Drop-In)	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.**

01/12/2025