



WEEKLY TIMETABLE



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| MONDAY | Anxiety and Depression Group Al Anon Group (from 05/01/2026) Breath of Life – Men’s Mental Health Support Talking Circle | 10.30am - 12.00pm 1.00pm – 2.30pm 6.00pm – 8.00pm |
| TUESDAY | AA Arts and Crafts | 11.00pm – 12.30pm 2.30pm – 4.30pm |
| WEDNESDAY | Gardening Group Women’s Group Men’s Group Transgender Support Group | 10.00am – 3.00pm 12.30pm – 1.30pm 2.00pm – 3.00pm 3.30pm – 5.00pm |
| THURSDAY | ARC (Addiction Recovery Chat) Serenity Group Arts and Crafts | 1.00pm – 2.00pm 2.15pm – 3.15pm 2.30pm – 4.30pm |
| FRIDAY | Anxiety and Depression Group AA U3A 4 th Friday of the month AA | 10.30am – 12.00pm 12.00pm – 2.00pm 2.00pm – 4.00pm 7.00pm – 8.30pm |

Drop in Services

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| Connex | 1 st Tuesday of the month | 10.00am – 12.00pm |
| Family Hub | 2 nd Wednesday of the month | 11.00am – 1.00pm |
| CAP (Christians Against Poverty) | Last Wednesday of the month | 11.00am – 1.00pm |
| Diabetes UK Support Group | 1st Wednesday of the month | 6.30pm – 8.00pm |
| Citizens Advice | 1 st & 3 rd Thursday of the month Booking required | 10.00am – 1.00pm |
| Trident | Fridays (Drop-In) | 10.00am – 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.