To register click the link.

Timetable

Monday 2nd August – Saturday 11th September

You can register for the six week courses up until the second week and for the one off sessions at any time prior to the session.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** | (2nd August Only)[Laughing Yoga](https://zoom.us/meeting/register/tJMqd-uhqTgpHdzOtW2nPY4pTsB8cwVTE9Nc)10.00 – 10.30Lyn & Emily | [Managing Stress](https://zoom.us/meeting/register/tJIpf-CsqzssHdYS0BsYNB3ZI4iVjgrykdG3)10.00 – 11.00 | [Assertiveness](https://zoom.us/meeting/register/tJEqfuuqpjIiHNJjgZqB-CyFr3P2OHdNXab-)9.00 – 10.00 |  | [Draw & Talk](https://zoom.us/meeting/register/tJEpcuyrqjIrHtdNB34VjaJ32388z9vO8w_n)10.00 – 11.00 |  |
| **Afternoon** | [Emotional Resilience](https://zoom.us/meeting/register/tJAocOChqDwjHNfbrcUQo9IF50QmR7Ih2f-t)13.00 -14.00(9th August Only)Taster Session15:00-16:00[Confident Me](https://zoom.us/meeting/register/tJMtc-qqqTouH9LjeWN8sO0xGZRepuDbF7H8)Mo & | (3rd August & 7th September)[Creative Writing](https://zoom.us/meeting/register/tJAocOCuqzsvHdPQBifQZ0MLQbIbtM77mmIl)Annie & Emily(10th August Only)Taster Session15:00-16:00[Energy Balance](https://zoom.us/meeting/register/tJcqdOivqT8jG9O4f870zcmsxcg7ZQZSwdrG)Mo & | (11th August Only)Taster Session15:00-16:00[Emotional Balance](https://zoom.us/meeting/register/tJArdeGrrz4iH9WkYE4CWWXMvjyNblymXRCy)Mo & | [Dungeons & Dragons](https://zoom.us/meeting/register/tJUtdumprTsrGNA2Qb7Y_FSIYa7UW0_xxnjy)14.00 –16.00Matt & Emily(12th August Only)Taster Session15:00-16:00[Mindful Eating](https://zoom.us/meeting/register/tJItfuyhqzMjEtWSdK43QEanCJzPFT8_s6ET)Mo & | (6th August Only)Walk @ Maryport13.00 start(27th August Only)Walk @ Buttermere13.00 start(13th August Only)Taster Session15:00-16:00[Yogic Healing](https://zoom.us/meeting/register/tJAkde-orjgtGNNOst4iolc9n6s2jbEgU89V)Mo & |  |
| **Evening** | [Managing your condition](https://zoom.us/meeting/register/tJ0ocuyrqD4uGNLOKeEsmBa2NQRJnKNQ9Mxk)19.00 – 19.30Sam & | [WRAP](https://zoom.us/meeting/register/tJwlf-6rrTgjHdJ8aUfZliy4JjdW-Obvc87G)17.30 – 18.30[Decider Life Skills](https://zoom.us/meeting/register/tJcpd--srDouGt0_IhUwXbmgh69vQfLyLDSa)18.30 -19.30 | (11th & 25th August)[Creative Writing](https://zoom.us/j/91648005177?pwd=UWVlb3gzcjF1Y3psNlJVTWJDZEdpZz09)!8.00 – 19.00David &  | [Alternative ways to manage stress](https://zoom.us/meeting/register/tJIoceurrj4tEtF5dqb4rRZwVTwL1Wi66HL-)18.00 – 1900Venetia & Jean-Ann |  |  |



Timetable

Week Beginning Monday 2nd August

To register click the link.

You can register for the six week courses up until the second week and for the one off sessions at any time prior to the session.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** | [Laughing Yoga](https://zoom.us/meeting/register/tJMqd-uhqTgpHdzOtW2nPY4pTsB8cwVTE9Nc)10.00 – 10.30Lyn & Emily | [Managing Stress](https://zoom.us/meeting/register/tJIpf-CsqzssHdYS0BsYNB3ZI4iVjgrykdG3)10.00 – 11.00 | [Assertiveness](https://zoom.us/meeting/register/tJEqfuuqpjIiHNJjgZqB-CyFr3P2OHdNXab-)9.00 – 10.00 |  | [Draw & Talk](https://zoom.us/meeting/register/tJEpcuyrqjIrHtdNB34VjaJ32388z9vO8w_n)10.00 – 11.00 |  |
| **Afternoon** | [Emotional Resilience](https://zoom.us/meeting/register/tJAocOChqDwjHNfbrcUQo9IF50QmR7Ih2f-t)13.00 -14.00 | [Creative Writing](https://zoom.us/meeting/register/tJAocOCuqzsvHdPQBifQZ0MLQbIbtM77mmIl)Annie & Emily |  | [Dungeons & Dragons](https://zoom.us/meeting/register/tJUtdumprTsrGNA2Qb7Y_FSIYa7UW0_xxnjy)14.00 –16.00Matt & Emily | Walk @ Maryport13.00 start |  |
| **Evening** | [Managing your condition](https://zoom.us/meeting/register/tJ0ocuyrqD4uGNLOKeEsmBa2NQRJnKNQ9Mxk)19.00 – 19.30Sam & | [WRAP](https://zoom.us/meeting/register/tJwlf-6rrTgjHdJ8aUfZliy4JjdW-Obvc87G)17.30 – 18.30[Decider Life Skills](https://zoom.us/meeting/register/tJcpd--srDouGt0_IhUwXbmgh69vQfLyLDSa)18.30 -19.30 |  | [Alternative ways to manage stress](https://zoom.us/meeting/register/tJIoceurrj4tEtF5dqb4rRZwVTwL1Wi66HL-)18.00 – 1900Venetia & Jean-Ann |  |  |



Timetable

Week Beginning Monday 9th August

To register click the link.

You can register for the six week courses up until the second week and for the one off sessions at any time prior to the session.

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** |  | [Managing Stress](https://zoom.us/meeting/register/tJIpf-CsqzssHdYS0BsYNB3ZI4iVjgrykdG3)10.00 – 11.00 | [Assertiveness](https://zoom.us/meeting/register/tJEqfuuqpjIiHNJjgZqB-CyFr3P2OHdNXab-)9.00 – 10.00 |  | [Draw & Talk](https://zoom.us/meeting/register/tJEpcuyrqjIrHtdNB34VjaJ32388z9vO8w_n)10.00 – 11.00 |  |
| **Afternoon** | [Emotional Resilience](https://zoom.us/meeting/register/tJAocOChqDwjHNfbrcUQo9IF50QmR7Ih2f-t)13.00 -14.00Taster Session15.00 – 16.00[Confident Me](https://zoom.us/meeting/register/tJMtc-qqqTouH9LjeWN8sO0xGZRepuDbF7H8)Mo &  | Taster Session15.00 – 16.00[Energy Balance](https://zoom.us/meeting/register/tJcqdOivqT8jG9O4f870zcmsxcg7ZQZSwdrG)Mo & | Taster Session15.00 – 16.00[Emotional Balance](https://zoom.us/meeting/register/tJArdeGrrz4iH9WkYE4CWWXMvjyNblymXRCy)Mo & | [Dungeons & Dragons](https://zoom.us/meeting/register/tJUtdumprTsrGNA2Qb7Y_FSIYa7UW0_xxnjy)14.00 –16.00Matt & EmilyTaster Session15.00 – 16.00[Mindful Eating](https://zoom.us/meeting/register/tJItfuyhqzMjEtWSdK43QEanCJzPFT8_s6ET)Mo & | Taster Session15.00 – 16.00[Yogic Healing](https://zoom.us/meeting/register/tJAkde-orjgtGNNOst4iolc9n6s2jbEgU89V)Mo & |  |
| **Evening** | [Managing your condition](https://zoom.us/meeting/register/tJ0ocuyrqD4uGNLOKeEsmBa2NQRJnKNQ9Mxk)19.00 – 19.30Sam &  | [WRAP](https://zoom.us/meeting/register/tJwlf-6rrTgjHdJ8aUfZliy4JjdW-Obvc87G)17.30 – 18.30[Decider Life Skills](https://zoom.us/meeting/register/tJcpd--srDouGt0_IhUwXbmgh69vQfLyLDSa)18.30 -19.30 | [Creative Writing](https://zoom.us/j/91648005177?pwd=UWVlb3gzcjF1Y3psNlJVTWJDZEdpZz09)!8.00 – 19.00David &  | [Alternative ways to manage stress](https://zoom.us/meeting/register/tJIoceurrj4tEtF5dqb4rRZwVTwL1Wi66HL-)18.00 – 1900Venetia & Jean-Ann |  |  |

 Timetable

Week Beginning Monday 16th August

To register click the link.

You can register for the six week courses up until the second week and for the one off sessions at any time prior to the session.

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** |  | Managing Stress10.00 – 11.00 | Assertiveness9.00 – 10.00 |  | Draw & Talk10.00 – 11.00[Taster session](https://zoom.us/meeting/register/tJMpdOqqqDorH9AkNLis0_aZXNZapcjqc7dn)Menopause Matters11.30 – 12.00Tish & Jean-Ann |  |
| **Afternoon** | Emotional Resilience13.00 -14.00  |  |  | Dungeons & Dragons14.00 –16.00Matt & Emily |  |  |
| **Evening** |  | WRAP17.30 – 18.30Decider Life Skills18.30 -19.30 |  | Alternative ways to manage stress18.00 – 1900Venetia & Jean-Ann |  |  |



Timetable

Week Beginning Monday 23rd August

To register click the link.

You can register for the six week courses up until the second week and for the one off sessions at any time prior to the session.

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** |  | Managing Stress10.00 – 11.00 | Assertiveness9.00 – 10.00 |  | Draw & Talk10.00 – 11.00 |  |
| **Afternoon** | Emotional Resilience13.00 -14.00  |  |  | Dungeons & Dragons14.00 –16.00Matt & Emily | Walk @ Buttermere13.00 start |  |
| **Evening** | [Managing your condition](https://zoom.us/meeting/register/tJ0ocuyrqD4uGNLOKeEsmBa2NQRJnKNQ9Mxk)19.00 – 19.30Sam & | WRAP17.30 – 18.30Decider Life Skills18.30 -19.30 | [Creative Writing](https://zoom.us/j/91648005177?pwd=UWVlb3gzcjF1Y3psNlJVTWJDZEdpZz09)!8.00 – 19.00David &  | Alternative ways to manage stress18.00 – 1900Venetia & Jean-Ann |  |  |



 Timetable

Week Beginning Monday 30th August

To register click the link.

You can register for the six week courses up until the second week and for the one off sessions at any time prior to the session.

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** |  | Managing Stress10.00 – 11.00 | Assertiveness9.00 – 10.00 |  | Draw & Talk10.00 – 11.00 |  |
| **Afternoon** | Emotional Resilience13.00 -14.00  | [Creative Writing](https://zoom.us/meeting/register/tJAocOCuqzsvHdPQBifQZ0MLQbIbtM77mmIl)13.00 – 15.00Annie & Emily |  | Dungeons & Dragons14.00 –16.00Matt & Emily |  |  |
| **Evening** |  | WRAP17.30 – 18.30Decider Life Skills18.30 -19.30 |  | Alternative ways to manage stress18.00 – 1900Venetia & Jean-Ann |  |  |

Timetable

Week Beginning Monday 6th September

To register click the link.

You can register for the six week courses up until the second week and for the one off sessions at any time prior to the session.

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** |  | Managing Stress10.00 – 11.00 | Assertiveness9.00 – 10.00 |  | Draw & Talk10.00 – 11.00 |  |
| **Afternoon** | Emotional Resilience13.00 -14.00  |  |  | Dungeons & Dragons14.00 –16.00Matt & Emily |  |  |
| **Evening** |  | WRAP17.30 – 18.30Decider Life Skills18.30 -19.30 |  |  |  |  |