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.

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** | (2nd August Only)  [Laughing Yoga](https://zoom.us/meeting/register/tJMqd-uhqTgpHdzOtW2nPY4pTsB8cwVTE9Nc)  10.00 – 10.30  Lyn & 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 Session  15:00-16:00  [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 Session  15:00-16:00  [Energy Balance](https://zoom.us/meeting/register/tJcqdOivqT8jG9O4f870zcmsxcg7ZQZSwdrG)  Mo & | (11th August Only)  Taster Session  15:00-16:00  [Emotional Balance](https://zoom.us/meeting/register/tJArdeGrrz4iH9WkYE4CWWXMvjyNblymXRCy)  Mo & | [Dungeons & Dragons](https://zoom.us/meeting/register/tJUtdumprTsrGNA2Qb7Y_FSIYa7UW0_xxnjy)  14.00 –16.00  Matt & Emily  (12th August Only)  Taster Session  15:00-16:00  [Mindful Eating](https://zoom.us/meeting/register/tJItfuyhqzMjEtWSdK43QEanCJzPFT8_s6ET)  Mo & | (6th August Only)  Walk @ Maryport  13.00 start  (27th August Only)  Walk @ Buttermere  13.00 start  (13th August Only)  Taster Session  15:00-16:00  [Yogic Healing](https://zoom.us/meeting/register/tJAkde-orjgtGNNOst4iolc9n6s2jbEgU89V)  Mo & |  |
| **Evening** | [Managing your condition](https://zoom.us/meeting/register/tJ0ocuyrqD4uGNLOKeEsmBa2NQRJnKNQ9Mxk)  19.00 – 19.30  Sam & | [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 – 19.00  David & | [Alternative ways to manage stress](https://zoom.us/meeting/register/tJIoceurrj4tEtF5dqb4rRZwVTwL1Wi66HL-)  18.00 – 1900  Venetia & 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.

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** | [Laughing Yoga](https://zoom.us/meeting/register/tJMqd-uhqTgpHdzOtW2nPY4pTsB8cwVTE9Nc)  10.00 – 10.30  Lyn & 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 –16.00  Matt & Emily | Walk @ Maryport  13.00 start |  |
| **Evening** | [Managing your condition](https://zoom.us/meeting/register/tJ0ocuyrqD4uGNLOKeEsmBa2NQRJnKNQ9Mxk)  19.00 – 19.30  Sam & | [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 – 1900  Venetia & 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 -14.00  Taster Session  15.00 – 16.00  [Confident Me](https://zoom.us/meeting/register/tJMtc-qqqTouH9LjeWN8sO0xGZRepuDbF7H8)  Mo & | Taster Session  15.00 – 16.00  [Energy Balance](https://zoom.us/meeting/register/tJcqdOivqT8jG9O4f870zcmsxcg7ZQZSwdrG)  Mo & | Taster Session  15.00 – 16.00  [Emotional Balance](https://zoom.us/meeting/register/tJArdeGrrz4iH9WkYE4CWWXMvjyNblymXRCy)  Mo & | [Dungeons & Dragons](https://zoom.us/meeting/register/tJUtdumprTsrGNA2Qb7Y_FSIYa7UW0_xxnjy)  14.00 –16.00  Matt & Emily  Taster Session  15.00 – 16.00  [Mindful Eating](https://zoom.us/meeting/register/tJItfuyhqzMjEtWSdK43QEanCJzPFT8_s6ET)  Mo & | Taster Session  15.00 – 16.00  [Yogic Healing](https://zoom.us/meeting/register/tJAkde-orjgtGNNOst4iolc9n6s2jbEgU89V)  Mo & |  |
| **Evening** | [Managing your condition](https://zoom.us/meeting/register/tJ0ocuyrqD4uGNLOKeEsmBa2NQRJnKNQ9Mxk)  19.00 – 19.30  Sam & | [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 – 19.00  David & | [Alternative ways to manage stress](https://zoom.us/meeting/register/tJIoceurrj4tEtF5dqb4rRZwVTwL1Wi66HL-)  18.00 – 1900  Venetia & 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 Stress  10.00 – 11.00 | Assertiveness  9.00 – 10.00 |  | Draw & Talk  10.00 – 11.00  [Taster session](https://zoom.us/meeting/register/tJMpdOqqqDorH9AkNLis0_aZXNZapcjqc7dn)  Menopause Matters  11.30 – 12.00  Tish & Jean-Ann |  |
| **Afternoon** | Emotional Resilience  13.00 -14.00 |  |  | Dungeons & Dragons  14.00 –16.00  Matt & Emily |  |  |
| **Evening** |  | WRAP  17.30 – 18.30  Decider Life Skills  18.30 -19.30 |  | Alternative ways to manage stress  18.00 – 1900  Venetia & 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 Stress  10.00 – 11.00 | Assertiveness  9.00 – 10.00 |  | Draw & Talk  10.00 – 11.00 |  |
| **Afternoon** | Emotional Resilience  13.00 -14.00 |  |  | Dungeons & Dragons  14.00 –16.00  Matt & Emily | Walk @ Buttermere  13.00 start |  |
| **Evening** | [Managing your condition](https://zoom.us/meeting/register/tJ0ocuyrqD4uGNLOKeEsmBa2NQRJnKNQ9Mxk)  19.00 – 19.30  Sam & | WRAP  17.30 – 18.30  Decider Life Skills  18.30 -19.30 | [Creative Writing](https://zoom.us/j/91648005177?pwd=UWVlb3gzcjF1Y3psNlJVTWJDZEdpZz09)  !8.00 – 19.00  David & | Alternative ways to manage stress  18.00 – 1900  Venetia & 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 Stress  10.00 – 11.00 | Assertiveness  9.00 – 10.00 |  | Draw & Talk  10.00 – 11.00 |  |
| **Afternoon** | Emotional Resilience  13.00 -14.00 | [Creative Writing](https://zoom.us/meeting/register/tJAocOCuqzsvHdPQBifQZ0MLQbIbtM77mmIl)  13.00 – 15.00  Annie & Emily |  | Dungeons & Dragons  14.00 –16.00  Matt & Emily |  |  |
| **Evening** |  | WRAP  17.30 – 18.30  Decider Life Skills  18.30 -19.30 |  | Alternative ways to manage stress  18.00 – 1900  Venetia & 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 Stress  10.00 – 11.00 | Assertiveness  9.00 – 10.00 |  | Draw & Talk  10.00 – 11.00 |  |
| **Afternoon** | Emotional Resilience  13.00 -14.00 |  |  | Dungeons & Dragons  14.00 –16.00  Matt & Emily |  |  |
| **Evening** |  | WRAP  17.30 – 18.30  Decider Life Skills  18.30 -19.30 |  |  |  |  |