



Mental Health Hub - Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
9.30am – 11.30am Listen to your Art	9.30am – 10.30am Let's get Moving	10.30am – 12.30pm The Games Room (RPG)	9.30am – 10.30am Let's get Moving	9.30am – 11.00am Coffee Break
12.30pm – 2.00pm The Games Room	12.30pm – 2.00pm Coffee Break PLUS	10.30am – 12.00pm Craft and Chat	11.30am – 1.00pm Listen to your Art	NEW GROUP 12.30pm – 1.30pm Pokémon Go!
NEW GROUP 2.00pm – 4.00pm 'Magic' Mondays (Magic the Gathering)	2.30pm – 3.30pm Critical Thinkers	1.00pm – 2.00pm Trivia Wednesdays!	1.30pm-3.30pm Bike maintenance workshop	3.00pm – 4.00pm 'Ask us How'

Social Saturday - 9am-12pm. First Saturday of the month- Registration essential (by phone or email per below details).

Mental Health Hub – groups overview

Listen to Your Art

Get creative in a fun, safe and friendly environment. Our art group will help you to develop creative thinking skills, explore emotions and ideas through art and craft while building your confidence and overcoming the limitations of language.

'Ask us how'

Become more independent and resilient in this practical life skills group. You will learn where and how to access vital community resources and pick up hints and tips for managing the demands of daily life.

Let's get Moving

Designed for all skill levels, this group will get your body moving through a range of fun activities, including dance and yoga. You'll also learn about healthy living and stress reduction techniques.

Coffee Break + Coffee Break Plus

This informal discussion group allows you to check in with your peers and explore how to manage difficult topics. This peer supported setting will empower you to resolve points of crisis and develop the tools to support your recovery. Enjoy meeting new people and engaging in conversations over a board game, puzzle, group activity or coffee.

The Games Room + The Games Room (RPG) + 'Magic' Mondays

The interactivity of playing board games can be powerful in social bonding and development of social skills. Cooperative gameplay encourages persons to work together building trust and camaraderie. Games help develop many skills including literacy, numeracy and critical thinking.

Trivia Tuesdays

A fun social group where you can test and expand your general knowledge and have some fun in a non-judgemental and friendly group environment.

Bike Maintenance Workshop

Understanding the basics of bike maintenance. This group promotes self-reliance, independence and cognitive growth.

Critical Thinkers

Explore puzzles, ideas, brain teasers, and anything that challenges your critical thinking skills. Let's support each other to think outside the box!

Pokemon Go!

Enjoy the physical and mental health benefits of this inclusive outdoor activity including decreased anxiety and depression, increasing social interaction and making positive connections with others who have similar interests and passions.

Craft and Chat

Help relieve stress and improve mental wellbeing by getting involved in our conversation group while working on some crafty creations. Feel free to bring along something you are working on or join in on the projects that the Hub is working on.