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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **4th March**  **Drama Group**  Time 11am-1pm  **Mindfulness**  2.15pm-3.45pm | **5th March**  **Men’s Group**  Time 11-12.30pm  **Young People’s Group**  Time 1-2.30pm  **Assessments**  **SLAM Recovery College** | **6th March**  **Hub Day!**  **10am – 4pm**    **Peace of Mind Celebration 1.30pm**  Chair exercise 11am  Singing 2-3.30pm | **7th March**  **Equine Therapy**  9am-12.30pm  Training/Meetings | **8th March**  **Woman’s Group**  10.00-11.30am  **Carer’s Group**  11-12pm  **Art Group**  1-3pm | **9th March**  **Hub Day!**  **10am – 4pm**  1pm Prostate Cancer Talk  Singing 2.30-3.30pm |
| **11th March**  **Drama Group**  Time 11am-1pm  **Mindfulness**  2.15pm-3.45pm | **12th March**  **Men’s Group**  Time 11-12.30pm    **Young People’s Group**  Time 1-2.30pm  **Assessments** | **13th March**  **Hub Day!**  **10am – 4pm**  Compassionate Chat  10am  Photography 2pm | **14th March**  **All staff meeting** | **15th March**  **Woman’s Group**  10.00-11.30am  **Carer’s Group**  11-12pm  **Art Group**  1-3pm | **16th March**  **Hub Day!**  **10am – 4pm**  Soul Symphony 2pm |
| **18th March**  **Drama Group**  Time 11am-1pm  **Mindfulness**  2.15pm-3.45pm | **19th March**  **Men’s Group**  Time 11-1pm  **Young People’s Group**  Time 1-2.30pm  **Assessments**  **SLAM Recovery College** | **20th March**  **Hub Day!**  **10am – 4pm**  Chair exercise 11am  Dancing 2-3pm | **21st March**  **Equine Therapy**  9am-12.30pm  Training/Meetings | **22nd March**  **Woman’s Group**  10.00-11.30am  **Carer’s Group**  11-12pm  **Art Group**  1-3pm | **23rd March**  **Hub Day!**  **10am – 4pm**  Singing 2.30-3.30pm |
| **25th March**  **Drama Group**  Time 11am-1pm  **Mindfulness**  2.15pm-3.45pm | **26th March**  **Men’s Group**  Time 11-12.30pm    **Young People’s Group**  Time 1-2.30pm  **Assessments**  **SLAM Recovery College** | **27th March**  **Hub Day!**  **10am – 4pm**  Compassionate Chat  10am  Walking 2pm | **28th March**  **Equine Therapy**  9am-12.30pm  Training/Meetings | **29th March**  **Closed for**  **Bank Holiday** | **30th March**  **Hub Day!**  **10am – 4pm**  Singing 2.30-3.30pm |