

Day/Time	Topic
Tuesday 11-12pm	Child Anxiety: Helping Your Child Manage Their Fears and Worries. A 5-Week Guided Self Help CBT based Intervention to support Parent Carers Challenging Behaviour: Managing Challenging Behaviour with Primary School Age Children. A 6-Week Guided Self Help CBT based Intervention to support Parent Carers
Tuesday 1-2pm	Wellbeing Group: A weekly group where all carers are welcome to come and discuss a range of topics to help improve their wellbeing. Please see timetable for details of topics covered.
Tuesday 7-8pm	Wellbeing Group for Low Mood: A 8-Week Guided Self Help CBT based Intervention to support all carers manage their mood
Wednesday 4-5pm	Wellbeing Group for Anxiety: A 8-Week Guided Self Help CBT based Intervention to support all carers manage and overcome their anxiety Carers Busting Stress: A 4-Week Programme to support carers manage and alleviate stress
Friday 10-11am	Monthly Wellbeing Q&A/ Drop In: Come along and chat to our Wellbeing Practitioner about the support available to you and

December 2021

Week 48	Wednesday 1st Dec	4-5pm
	Friday 3rd Dec	11:30-12:30pm
Week 49	Tuesday 7th Dec	11-12pm 1-2pm 7-8pm
	Wednesday 8th Dec	4-5pm
	Tuesday 14th Dec	11-12pm 1-2pm 7-8pm
Week 50	Wednesday 15th Dec	4-5pm
	Tuesday 21st Dec	11-12pm 1-2pm 7-8pm
Week 51	Wednesday 22nd Dec	4-5pm

January 2022

Week 1	Tuesday 4th Jan	11-12pm 1-2pm 7-8pm
	Wednesday 5th Jan	4-5pm
	Friday 7th Jan	10-11am
Week 2	Tuesday 11th Jan	11-12pm 1-2pm 7-8pm
	Wednesday 12th Jan	4-5pm
	Tuesday 18th Jan	1-2pm

Week 3	Tuesday 18th Jan	7-8pm
	Wednesday 19th Jan	4-5pm
Week 4	Tuesday 25th Jan	11-12pm 1-2pm
	Wednesday 26th Jan	7-8pm 4-5pm
February 2022		
Week 5	Tuesday 1st Feb	11-12pm 1-2pm
	Friday 4th Feb	7-8pm 10-11am
Week 6	Tuesday 8th Feb	11-12pm 1-2pm
	Wednesday 9th Feb	7-8pm 4-5pm
Week 7	Tuesday 15th Feb	11-12pm 1-2pm
	Wednesday 16th Feb	7-8pm 4-5pm
Week 8	Tuesday 22nd Feb	11-12pm 1-2pm
	Wednesday 23rd Feb	7-8pm 4-5pm
March 2022		
Week 9	Tuesday 1st March	11-12pm 1-2pm
	Wednesday 2nd March	7-8pm 4-5pm
	Friday 4th March	10-11am
Week 10	Tuesday 8th March	1-2pm 7-8pm
Week 11	Tuesday 15th March	11-12pm 1-2pm
	Wednesday 16th March	7-8pm 4-5pm
Week 12	Tuesday 22nd March	11-12pm 1-2pm
	Wednesday 23rd March	7-8pm 4-5pm
Week 13	Tuesday 29th March	11-12pm 1-2pm
	Wednesday 30th March	7-8pm 4-5pm
April 2022		
Week 13	Friday 1st April	10-11am
Week 14	Tuesday 5th April	11-12pm 1-2pm

Week 14		7-8pm
	Wednesday 6th April	4-5pm
Week 15	Tuesday 12th April	11-12pm 1-2pm 7-8pm
	Wednesday 13th April	4-5pm
Week 16	Tuesday 20th	1-2pm 7-8pm
	Wednesday 21st April	4-5pm
Week 17		11-12pm
	Tuesday 26th April	1-2pm 7-8pm
	Wednesday 27th April	4-5pm
May 2022		
Week 18	Wednesday 4th May	4-5pm
	Friday 6th May	10-11am
Week 19		11-12pm
	Tuesday 10th May	1-2pm 7-8pm
Week 21		11-12pm
	Tuesday 24th May	1-2pm 7-8pm
June 2022		
Week 23		11-12pm
	Tuesday 7th June	1-2pm 7-8pm
	Wednesday 8th June	4-5pm
	Friday 10th June	10-11am
Week 24		11-12pm
	Tuesday 14th June	1-2pm 7-8pm
	Wednesday 15th June	4-5pm
Week 25		11-12pm
	Tuesday 21st June	1-2pm 7-8pm
	Wednesday 22nd June	4-5pm
Week 26	Tuesday 18th June	1-2pm
	Wednesday 29th June	4-5pm

Child Anxiety Group (5-Weeks) Tuesday 11-12pm

- 7,14,21 Dec & 4,11 Jan

- 15, 22, 29 March & 5, 12 April

Challenging Behaviour Group (6-Weeks) Tuesday 11-12pm

- 25 Jan & 1,8,15,22 Feb & 1 March

- 26 April & 10, 24 May & 7, 14, 21 June

Wellbeing Group for Low Mood (8-Weeks) Tuesday 7-8pm

- 7,14,21 Dec & 4,11,18,25 Jan & 1st Feb

- 15, 22 Feb & 1,8,15,22,29 March & 5th April

- 12, 20, 26 April & 10, 24 May & 7, 14, 21st June

Wellbeing Group for Anxiety (8-Weeks) Wednesday 4-5pm

- 1,7,15,22 Dec & 5,12,19,26 Jan

- 16, 23, 30 March & 6, 13, 21, 27 April & 4th May

Carers Busting Stress Group (4-Weeks) Wednesday 4-5pm

- 9, 16, 23 Feb & 2 March

- 8, 15, 22, 29 June

2021: 3rd Nov and 3rd Dec

2022: 7th Jan, 4th Feb, 4th March, 1st April, 6th May, 10th June