Special events - **Mental Health Awareness Week**

Mental Health Awareness Week this year commences on the 13th to the 19th of May 2024, and the theme this year is 'movement'.

The below Special Event sessions are free of charge and you do not need to be a member of the CLC to participate.

|  |  |  |  |
| --- | --- | --- | --- |
| **May 2024** | | | |
| Monday 13th May | Tuesday 14th May | Wednesday 15th May | Thursday 16th May |
| **9.30am – 11.30am**  **Breakfast Club**. Join us for breakfast, tea, coffee some company and cereal in our Sunshine Cafe  **11.30am - 12:30pm**  **Singing group** (peace room) Have fun with our singing group  **1pm – 2.30pm**  **Dream Boards**  Create your own vision board to take home with a focus on moving forwards (café)  **2.30pm - 4pm** **Card Making** (Art room)  Get creative with card making | **11am – 12pm Boxercise.** Let's get moving to improve wellbeing in this fun, high paced class.  **12.30pm - 2.30pm**  **Warm Hub**  Our café space is open. Pop by for a cup of tea and find out more about the CLC (café)  **12.30pm – 2.30pm**  **Journalling group**  **3pm – 4.30pm**  **‘How to’ Aromatherapy** **taster session** with Susan (peace room) | **10am – 11am**  **Pilates** (peace room)  Mindful movement to improving core strength and mobility through mat work.  **11.30pm – 12.30pm**  **Butterfly Tapping (Jon)**  A mindful and meditative technique which can be helpful when experiencing anxiety or stress  **11am – 12.30pm**  **Walking Group**  **2.45pm – 3.45pm**  **Meditation**with Susan (Peace room)  **5:30pm – 7pm**  **Challenging Negative Thoughts** (Shelley) | **10.30am – 11.30am** **Chair based exercises** with Susan. (peace room)    **12.30pm - 2.30pm**  **Warm Hub -** Our café space is open. Pop by for a cup of tea and find out more about the CLC  **2pm – 3.30pm**  **Womens’ group** with Shelley  A women only space for discussion and creative activities  **2.30pm – 3.30pm**  **Men's Group** with Jon  A men-only space for discussions and other activities |
|