

CHANGES GROUPS TIMETABLE

Monday

1 pm

Coffee Drop-In

at

27 Trinity Street, Batley, WF17 7JZ

Tuesday

2 pm

Cooking Group (fortnightly)

at

27 Trinity Street, Batley, WF17 7JZ

Wednesday

12:00
pm

Therapeutic Group

at

27 Trinity Street, Batley, WF17 7JZ

Thursday

2 pm

Creative and Social Activities

at

CLEAR, Lion Chambers, 32-34 John
William St, Huddersfield HD1 1ES

Overview

Group sessions will run weekly unless notified
otherwise

For further information about the therapeutic
groups look at the next page

THERAPEUTIC GROUPS DATES

1. INTRODUCTION TO UNDERSTANDING TRAUMA

2. INTRODUCTION TO RELATIONSHIP MANAGEMENT

3. INTRODUCTION TO EMOTIONS AND FEELINGS

4. INTRODUCTION TO ANGER

5. INTRODUCTION TO MINDFULNESS

6. INTRODUCTION TO CONFIDENCE AND SELF-ESTEEM

7. INTRODUCTION TO ASSERTIVENESS

8. RE-CAP ON ALL TOPICS COVERED

JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
11	2	6	3	1	5	3
18	9	13	10	8	12	10
25	16	20	17	15	19	17
	23	27	24	22	26	24
	30			29		

GROUP SESSIONS WILL RUN FOR 8 WEEKS AND MAY TAKE A BREAK IN BETWEEN TO COMPLETE THE TASKS FOR DEVELOPEMENT OF THERAPEUTIC GROUPS OR TEAM ANNUAL LEAVE. YOU WILL BE NOTIFIED OF THOSE DAYS.

YOUR SUPPORT WORKERS WILL BE SENDING A REMINDERS ABOUT THE GROUPS AND WILL BE ASKING FOR A CONFIRMATION SO WORK BOOKS ARE PRINTED AND ADJUSTED TO INDIVIDUAL REQUIREMENTS.