

Monday 16 November		Tuesday 17 November		Wednesday 18 November		Thursday 19 November		Friday 20 November	
Introduction to Self Esteem	10.00am	Virtual Walking Group with the Canal and Rivers Trust Six-week course-week 3	10.00 am	Alcohol Awareness Week: Alcohol Awareness 1 of 2	10.00am	Alcohol Awareness Week: Alcohol Awareness 2 of 2	10.00am	Virtual Coffee Morning	10.00 am
Mindful Stretching	11.00am	Bollywood Dance with Movema Six week course- week 3	11:00 am	Punch Fit	11.00am	Basic Contemporary Dance with Movema Six week course- week 3	11:00 am	Seated Cardio	11.00am
Super Sing with Liverpool Philharmonic Six week course- week 3 (Closed for registration)	1.00 pm	Alcohol Awareness Week: What is Addiction?	1.00pm	Creative Writing for Wellbeing with the Playhouse	1.00pm	Core Stability	1.00pm	Introduction to Anxiety	1.00pm
Alcohol Awareness Week: Recovery Story with Ambition Sefton	2.00pm	Exploring Music with Liverpool Philharmonic Six week course-week 3 (Closed for registration)	2.30 pm	Musical Connections with Liverpool Philharmonic Six week course- week 3 (Closed for registration)	2.30pm	Confidence Through Drama with the Playhouse	2.30pm	Comedy Skills to Boost Self Esteem with the Playhouse Eight week course- week 3 (Closed for registration)	2.30pm
Monday 23 November		Tuesday 24 November		Wednesday 25 November		Thursday 26 November		Friday 27 November	
Introduction to Confidence Building	10.00am	Virtual Walking Group with the Canal and River Trust Six-week course-week 4	10.00 am	The 5 Ways to Wellbeing	10.00am	Introduction to Depression	10.00am	Virtual Coffee Morning	10.00 am
Mindful Stretching	11.00am	Bollywood Dance with Movema Six-week course-week 4	11:00 am	Punch Fit	11.00am	Basic Contemporary Dance with Movema Six week course- week 4	11:00 am	Seated Cardio	11.00am
Super Sing with Liverpool Philharmonic Six week course- week 4 (Closed for registration)	1.00 pm	Mental Health Resiliency	1.00pm	Life Rooms Advisory Group	1:00 pm	Core Stability	1.00pm	What is Addiction?	1.00pm
Introduction to Assertiveness	2.30pm	Exploring Music with Liverpool Philharmonic Six week course-week 4 (Closed for registration)	2.30pm	Creative Writing for Wellbeing with the Playhouse	1.00pm	Confidence Through Drama with the Playhouse	2.30pm	Comedy Skills to Boost Self Esteem with the Playhouse Eight week course- week 4 (Closed for registration)	2.30pm
				Musical Connections with Liverpool Philharmonic Six week course- week 4 (Closed for registration)	2.30pm				