



WEEKLY TIMETABLE



MONDAY	Anxiety and Depression Group	10.30am - 12.00pm
TUESDAY	Basic English – Booking Required AA NA Arts and Crafts	10.00am – 12.00pm 11.00pm – 12.30pm 2.00pm – 3.00pm 2.30pm – 4.30pm
WEDNESDAY	Gardening Group Men’s Group Women’s Group Reiki – 20 minute sessions Booking Required Transgender Support Group	10.00am – 3.00pm 11.30am – 12.30pm 12.00pm – 1.00pm 2.00pm – 4.00pm 6.00 – 7.30pm
THURSDAY	Basic Maths – Booking Required STARS Stay Stopped Group Booking Required Serenity Group Arts and Crafts Reiki – 20 minute sessions Booking Required	10.00am-12.00am 10.30am-12.30pm 1.00pm -2.30pm 2.30pm – 4.30pm 5.00pm – 7.00pm
FRIDAY	Anxiety and Depression Group Armed Forces Community Craft Group – 2nd & 4 th Friday of the month AA	10.30am – 12.00pm 1.00pm – 3.00pm 7.00pm – 8.30pm

Drop in Services

Aquarius Gambling Service	1st Wednesdays of the month	10.00am – 4.00pm
Citizens Advice	1st & 3rd Thursday of the month Booking required	10.00am – 1.00pm
Thrive	Fridays	10.00am – 4.00pm
Diabetes UK Support Group	1st Wednesday of the month, excluding December	6.30pm – 8.00pm

Strickland House, The Lawns, Wellington, Telford TF1 3BX

For bookings and general enquiries contact: 01952 899204

We offer an open-door service for 1-2-1's between 9.00am - 5.00pm (mental health & addiction recovery support). No appointment required.