

## St Albans Centre Timetable

	AM	PM
<b>MONDAY</b>	Life Skills £20 10.30-12.00 (Please refer to Life Skills schedule)	Creative Writing 12.30-14.00  Drama Group 14.15-15.45
<b>TUESDAY</b>	Craft Group 10.30-12.00	Motivational Support Group 12.30-13.30  Peer Support Group 14.00-15.30
<b>WEDNESDAY</b>	Women's Group 11.30-13.00	Café Support Group 13.00-14.30  Art Group 13.15-14.45  Craft Group 15.00-16.30
<b>THURSDAY</b>		Art Group 13.00-14.30  Drop in 15.00-16.30  Young People Group TBC  Carers Group 1 <sup>st</sup> Thursday of the month 18.00 - 19.30  OCD Group 3 <sup>rd</sup> Thursday of the month 18.00 -19.30
<b>FRIDAY</b>	Art Group 10.30-12.00	Music Group 13.15-14.45