



MENTAL HEALTH AND WELLBEING PEER SUPPORT GROUPS



Central Wellbeing SCIO
Bringing people together

WEEK BEGINNING 17TH JULY '23

MONDAY

Session 1
1030-1200pm
Session 2
1-3 pm
Forget me not
Cafe
Denny Library

12-2pm
Creative Writing Group
5 Manse Place

7-830pm
Walk for Wellbeing
outside Falkirk College

TUESDAY

10.30-12.30pm
Parent Carers
Coffee Morning
Carers Centre

11-1pm
Drop-in group
5, Manse Place

WEDNESDAY

10-12pm
Carers Cafe
Carers Centre

10.30 - 12.30 pm
Mindful Making craft
group
5, Manse Place

12.30 - 2.30 pm
Young Muslim Mums
Westfield Park CC

7-9 pm
Make and Mend
5, Manse Place

THURSDAY

10 - 12pm
CLOSED GROUP
5, Manse Place

FRIDAY

10 - 12pm
Open Morning
5 Manse Place

For more information contact us : hello@centralwellbeing.org / 01324 274034

WWW.CENTRALWELLBEING.ORG

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