

PSS Be Well Programme *January - March 2026*



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Overcoming Anxiety & Depression 10am - 12 noon Dutch Barn</p> <p>Deep Rest - Restorative Yoga 10.30am - 12noon The Avenue</p> <p>Wellbeing Plans for New Referrals 12.30pm - 5pm Umbrella Centre</p> <p>Wellbeing Plans for New Referrals 1pm - 5pm Dutch Barn</p> <p>Mindfulness 1.00pm - 3.00pm The Avenue</p>	<p>Picton and Kensington Outreach Community Hub Sessions 10.00am - 12 noon</p> <p>Wellbeing Plans for New Referrals 10.00am - 12 noon The Avenue and Dutch Barn</p> <p>Stand Up! Comedy Course 11.00am - 1.00pm Umbrella Centre</p> <p>Chair - based Yoga 12.00pm - 1.00pm Dutch Barn</p> <p>Overcoming Anxiety and Depression 12.30pm - 2.30pm Umbrella Centre</p> <p>Self - Care for Women 2.00pm - 4.00pm Dutch Barn</p> <p>Journey Through Art 2.30pm - 4.30pm Umbrella</p>	<p>Wellbeing Plans for New Referrals 9.00am - 5.00pm Dutch Barn</p> <p>Dance Movement Therapy 10.00am - 11.30am The Avenue</p> <p>Overcoming Anxiety & Depression 10.00am - 12 noon Umbrella Centre</p> <p>Relaxation and Meditation 1.00pm - 2.00pm, Fortnightly Dutch Barn and Umbrella</p> <p>WRAP Wellness, Recovery Action Plan 2.30pm - 4.30pm The Avenue</p>	<p>Wellbeing Plans for New Referrals 9.00am - 12.30pm Umbrella Centre</p> <p>Overcoming Anxiety and Depression 10.00am - 12 noon Dutch Barn</p> <p>Mindfulness 10.00am - 12 noon Umbrella Centre</p> <p>Healthy Habits / WRAP 1.15pm - 3.15pm Umbrella Centre</p> <p>Sing! Sing! Sing! Choir 2.30pm and 3.30pm Dutch Barn</p> <p>Online Evening Meditation 8.30pm - 9.15pm Zoom</p>	<p>Green Walks (Fortnightly) 10am - 12.30pm The Community</p> <p>Wellbeing Plans for Referrals 10am - 12.30pm The Avenue, Dutch Barn</p> <p>Self-Care for Women 1.30pm - 3.30pm The Avenue</p> <p>Journey Through Art 2.00pm - 4.00pm Dutch Barn</p>

PSS Wellbeing Centres 'Keeping Well' Timetable *January - March 2026*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Relaxation and Meditation 10.30am - 11.30pm, Fortnightly Umbrella Centre</p> <p>Peer Support Social Group 11.00am - 12.30pm, Fortnightly Umbrella Centre</p> <p>Women's Social Group / Crafts Group 1.30pm - 3.30pm, Fortnightly Dutch Barn</p> <p>Deep Rest Restorative Yoga 10.30am - 11.30pm, The Avenue</p>	<p>Relaxation and Meditation 10.30am - 11.30am, Fortnightly Dutch Barn</p> <p>Bee Guardians 10.00am - 12noon, Weekly Dutch Barn</p> <p>Stand Up! Comedy Course 11.00am - 1.00pm Umbrella Centre</p> <p>Peer Support 'Strumbrellas' Ukulele Group 2.00pm - 3.30pm, Fortnightly Umbrella Centre</p>	<p>Dutch Barn Development Group 10.00am - 2pm, Fortnightly Dutch Barn</p> <p>Peer Support Men's Group 10.00am - noon, Fortnightly Umbrella Centre</p> <p>Dance Movement Therapy 10.00am - 11.30am The Avenue</p> <p>Peer Support Shared Reading Group / Dungeons and Dragons Role Play 12.30pm - 2.00pm, Fortnightly Umbrella Centre</p> <p>Relaxation and Meditation 12.30pm - 1.30pm, Fortnightly The Avenue</p> <p>Shared Reading 2.15pm - 2.45pm Dutch Barn</p> <p>Relaxation and Meditation 1pm - 2pm, Fortnightly Umbrella Centre</p>	<p>Peer Support Everyday Mindfulness 9.15pm - 10.45pm, Fortnightly The Avenue</p> <p>Peer Support Shared Reading Group 11am - 12.30pm, Fortnightly The Avenue</p> <p>Peer Support Barn Doors 12.45pm - 2.15pm Dutch Barn</p> <p>Peer Support Men's Group 12.45pm - 2.15pm, Dutch Barn Dutch Barn</p> <p>Sing! Sing! Sing! Choir 2.30pm - 3.30pm, Weekly Dutch Barn</p> <p>Online Evening Meditation 8.30pm - 9.15pm, Weekly Zoom</p>	<p>Green Walks 10.30am - 12 noon, Fortnightly The Community</p> <p>PSS Day Trips Various, Bi - monthly The Community</p>