

PSS Be Well Programme January - March 2026



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

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

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