

Day	Date	Time	Topic
January 2021			
Tuesday	12th January 2021	6 - 7pm	low mood
Thursday	14th January	6 - 7pm	self care
Sunday	17th January	3 - 4pm	coping with Isolation
Tuesday	19th January	6 - 7pm	mental health awareness
Thursday	21st January	6 - 7pm	anxiety
Sunday	24th January	3 - 4pm	low mood
Tuesday	26th January	6 - 7pm	self care
Thursday	28th January	6 - 7pm	coping with Isolation
Sunday	31st January	3 - 4pm	mental health awareness
February 2021			
Tuesday	2nd February	6 - 7pm	anxiety
Thursday	4th February	6 - 7pm	low mood
Sunday	7th February	3 - 4pm	self care
Tuesday	9th February	6 - 7pm	coping with Isolation
Thursday	11th February	6 - 7pm	mental health awareness
Sunday	14th February	3 - 4pm	anxiety
Tuesday	16th February	6 - 7pm	low mood
Thursday	18th February	6 - 7pm	self care
Sunday	21st February	3 - 4pm	coping with Isolation
Tuesday	23rd February	6 - 7pm	mental health awareness
Thursday	25th February	6 - 7pm	anxiety
Sunday	28th February	3 - 4pm	low mood
March 2021			
Tuesday	2nd March	6 - 7pm	self care
Thursday	4th March	6 - 7pm	coping with Isolation
Sunday	7th March	3 - 4pm	mental health awareness
Tuesday	9th March	6 - 7pm	anxiety
Thursday	11th March	6 - 7pm	low mood
Sunday	14th March	3 - 4pm	self care
Tuesday	16th March	6 - 7pm	coping with Isolation
Thursday	18th March	6 - 7pm	mental health awareness
Sunday	21st March	3 - 4pm	anxiety
Tuesday	23rd march	6 - 7pm	low mood
Thursday	25th March	6 - 7pm	self care
Sunday	28th March	3 - 4pm	coping with Isolation
Tuesday	30th March	6 - 7pm	anxiety