

Meeting Places

Spring 2026



Forthcoming Group Itinerary

Every Tuesday 4pm - 6pm

(Please arrive no earlier than 10 minutes before the meeting start times)

7th July	At My Best
14th July	Music Appreciation
21st July	Random
28th July	Board Games
4th Aug	Show and Tell
11th Aug	Relaxation / Coping Strategies
18th Aug	Team Activity
25th Aug	Wellbeing Discussion
1st Sep	Arts and Crafts
8th Sep	Board Games
15th Sep	The Big Quiz
22nd Sep	Music Appreciation

WATFORD WELLBEING CENTRE

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