

Meeting Places

September/October 2026



Forthcoming Group Itinerary

Every Thursday 11am - 1pm

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

10th Sept	Creative Colouring
17th Sept	Coping strategy for Negativity
24th Sept	A visit to Green Fingers Allotment
1st Oct	Client Engagement update - Jenny
8th Oct	Show and Tell
15th Oct	Mindfulness and Meditation
22nd Oct	Neurodiversity led by Sally
29th Oct	Music as therapy led by Daniel

WALTHAM CROSS WELLBEING CENTRE

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