

PSS Be Well Programme *January - March 2025*



Monday

1.45pm - 2.30pm
Relaxation and Meditation
The Avenue

1.30pm - 3.30pm
Self - Care for Women /
WRAP
Dutch Barn

3.00pm - 4.00pm
Restorative Yoga
Relax, Restore, Rewind
(deep rest course)
The Avenue

10.00am - 4.00pm
Wellbeing Plans for
New Referrals
All Centres

Tuesday

12.30pm - 2.00pm
Chair Based Yoga
Dutch Barn

9.00am - 1.00pm
Picton and Kensington Outreach
Community Hub Sessions

9.00am - 5.00pm
Wellbeing Plans for
New Referrals
Avenue and Dutch Barn

Wednesday

10.00am - 12.00pm
Overcoming Anxiety and Depression
The Avenue and Umbrella Centre

1.00pm - 2.00pm
Relaxation and Meditation
Dutch Barn

2.30 - 4.30pm
Journey Through Art / WRAP
The Avenue

2.30pm - 4.30pm
Journey Through Art
Umbrella Centre

9.30am - 5.00pm
Wellbeing Plans for
New Referrals
Dutch Barn

Thursday

10.00am - 12.00pm
Healthy Habits / WRAP
Dutch Barn

10.30am - 1.00pm
Wellbeing Plans for New Referrals
Umbrella Centre

11.30pm - 12.30pm
Relaxation and Meditation
Umbrella Centre

1.15pm - 2.45pm
Writing for Wellness
Umbrella Centre

2.30pm - 3.30pm
Sing! Sing! Sing! choir
Dutch Barn

8.30pm - 9.15pm
Online Evening Meditation
Zoom

Friday

10.30am - 12.00pm
Green Walks
The Community

10.00am - 12.00pm
Overcoming Anxiety and Depression
Dutch Barn

2.00
Journey Through Art / WRAP
The Avenue

2.30pm - 4.30pm
Journey Through Art
Umbrella Centre

9.30am - 5.00pm
Wellbeing Plans for
New Referrals
Dutch Barn

PSS Wellbeing Centres 'Keeping Well' Timetable *January - March 2025*

Monday

10.30am - 11.30am Fortnightly
Relaxation and Meditation
The Avenue and Umbrella Centre

11.00am - 12.30pm Fortnightly
Peer Support Social Group
Umbrella Centre

2.00am - 3.30pm Fortnightly
Peer Support Everyday Mindfulness
Umbrella Centre

Tuesday

10.30am - 11.30am Fortnightly
Relaxation and Meditation
Dutch Barn

2.00am - 3.30pm Fortnightly
Peer Support 'Strumbrellas' Ukulele
Group
Umbrella Centre

Wednesday

10.00am - 12.30pm Fortnightly
Dutch Barn Development Group
Dutch Barn

10.30am - 12.00pm Fortnightly
Peer Support Men's Group
Umbrella Centre

12.30pm - 1.30pm Fortnightly
Relaxation and Meditation
Umbrella Centre

1.00pm - 2.30pm Fortnightly
Peer Support Shared Reading Group
Umbrella Centre

Thursday

9.30am - 10.45am Fortnightly
Peer Support Everyday Mindfulness
The Avenue

11.00am - 12.30pm Fortnightly
Peer Support Reading Group
The Avenue

12.45pm - 2.15pm Fortnightly
Peer Support Men's Group
Dutch Barn

12.45pm - 2.15pm Fortnightly
Peer Support 'Barn Doors' Music Group
Umbrella Centre

8.30pm - 9.15pm Weekly
Online Evening Meditation
Zoom

Friday

10.30am - 12.00pm
Green Walks
The Community

Bi-monthly
PSS Day Trips
The Community