

# Luton Wellbeing Centre

## Winter /Spring 2023 Schedule

We offer supportive groups where you can talk to others, take part in activities such as art or games and get information on issues that may be affecting your wellbeing. All our drop-ins and most activities are free.

We also have special one-off activities from time to time.

If you are interested in any of these activities,  
please call us on: 0300 330 0648

LOVE WHO  
YOU ARE



### Monday

Drop In - 10.30am - 1.00pm  
Crochet Group - 12.00 noon - 2.00pm  
Small Group Session - 1.30pm - 2.30pm  
Little Bubble LGBTQ+ Peer Support Group - monthly

### Tuesday

Peer support group (face to face) - 10.30am - 12.00pm  
Drop-in group (online only) - 1.00pm - 2.30pm  
Peer support group (online only) - 6.00pm - 7.30pm



### Wednesday

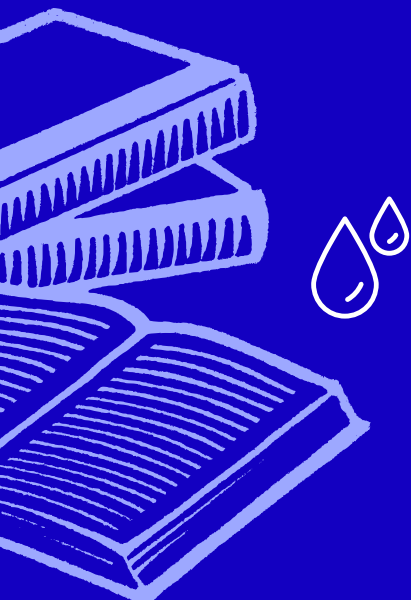
Drop In (AM) - 10.30am - 12.00pm / Walking Group - 10.30am - 12.00pm  
Mindfulness - 12.30pm - 1.30pm  
Drop In (PM) - 1.30pm - 3.30pm / Peer Lead Art Group - 1.30pm - 3.30pm

### Thursday

Lighthouse (18-30's only) - 1.00pm - 2.30pm  
This group is also available to access on Zoom

### Friday

Men's Group - 10.30am - 12.00pm  
Jenny's Art Group - 11.00am - 1.00pm  
Women's Group - 12.30pm - 2.30pm  
Book Club - 1.00pm - 2.00pm (every 4 weeks)



Luton Wellbeing Centre 45-56 Dumfries Street Luton LU1 5BP  
t: 0300 330 0648 e: lwc@mind-blmk.org.uk w: mind-blmk.org.uk/luton