

# Luton Wellbeing Centre

## Winter 2023/24 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**

### Monday

Drop In - **10.30am - 1.00pm**

Crochet Group - **12.00 noon - 2.00pm**

Small Group Session - **1.30pm - 2.30pm**

### 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 (face to face) - **1.00pm - 2.30pm**

### Friday

Men's Group - **10.30am - 12.00pm**

Jenny's Art Group - **11.00am - 1.00pm** (£2.00 per session)

Women's Group - **12.30pm - 2.30pm**

Book Club - **1.00pm - 2.00pm** (every 4 weeks)