

Weekly Digital Timetable December 2020

Monday

9:00 - 9:45 **Energie** - Body Weight Circuit
10:00 - 12:00 Women's Group
12:00 - 13:00 Connecting in Crisis together
13:00 - 14:00 Goal Setting for the week
14:00 - 15:15 Young Adults Project Group
15:30 - 16:30 Poetry Appreciation
16:00 - 16:30 Guided Mindfulness

Tuesday

9:30 - 10:30 Tai Chi
10:00 - 10:45 **Energie** - Upper Body Blitz
10:00 - 11:00 Declutter your Mind
10:30 - 12:00 Men's Group
11:00 - 13:00 Wellbeing Workshop
12:00 - 12:45 Pilates
12:00 - 13:30 Job Club
12:00 - 14:00 Creative Writing
14:00 - 15:00 Preparing to return to work
14:00 - 16:00 Positive Mindset (c)
18:00 - 20:00 Stress and Anxiety (c)

Wednesday

9:00 - 9:45 Guided Mindfulness
9:00 - 9:45 **Energie** - Full Body Workout
11:00 - 13:00 Mend, Make and Motivate
12:00 - 13:00 Parental Support
13:00 - 14:00 Maintaining Wellness at Home (c)
14:00 - 15:00 Hearing Voices Group
15:00 - 17:00 Wellbeing Workshop
18:00 - 18:45 Yoga

Thursday

9:00 - 9:45 Guided Mindfulness
10:00 - 12:00 Stress and Anxiety (c)
10:45 - 11:15 **Energie** - Fitness & Nutrition
12:00 - 12:45 **Energie** - Shadow Combat
12:00 - 12:45 Pilates
12:00 - 14:00 Wellbeing Workshop
14:00 - 14:30 **Energie** - Zumba
14:00 - 16:00 Positive Mindset (c)
16:00 - 17:00 Relaxation Techniques
17:00 - 19:00 Wellbeing Workshop

Friday

9:00 - 9:45 **Energie** - Healthy Meals
9:00 - 9:45 Yoga
10:00 - 12:00 Peer Education Programme
12:00 - 12:45 Guided Mindfulness
13:00 - 13:45 Preparing for the weekend
13:00 - 14:00 Employment Briefings
16:00 - 17:30 Peer Support - Let it Out

Saturday

9:30 - 10:15 **Energie** - Stretch N Go
10:00 - 11:00 Move your mood through exercise

Sunday

10:00 - 10:45 **Energie** - Challenge of the Week

Wellbeing Workshops

- Coping in a Crisis
- Coping with Change
- Coping with Change Workshop
- Coping with Stress
- Develop Relaxation Techniques
- Food and Mood
- Improve your emotional Intelligence
- Improving Sleep for wellbeing
- Increasing Assertiveness
- Understanding Anxiety
- Understanding Depression
- Understanding Panic Attacks
- Understanding Personality Disorders
- Understanding Self - Harm
- Ways to Wellbeing
- Young Adults Resilience

Course - (c)

Energie - Join Instagram/
Facebook page **Energie Erith** to
view

Register online:

mindinbexley/recovery-college

Email:

Recovery@mindinbexley.org.uk