

Course and Events Diary 2016

Course/Events	Day	Dates	Times
Open Café	Monday	Weekly	10am to 12pm
Creative Coffee Mornings	Wednesday	Weekly	10am to 12pm
Advice Appointments (1hr) <i>(please call the office to book a slot)</i>	Mondays Tuesdays Wednesdays Thursdays	Weekly	9am to 12.30pm 9am to 12.30pm 9.30am to 3.30pm 9am to 12.30pm
Legal Surgeries <i>(please call the office to book a slot)</i>	3 times a month		10am to 4pm
Money Advice Session <i>(please call the office to book a slot)</i>	Fridays (fortnightly)		
Healthwatch 'Come and talk' Sessions <i>(please call the office to book a slot)</i>	Mondays		10am to 4pm
Freedom Programmes	Tuesdays Wednesdays Thursdays	19/04/16 to 05/07/16 20/04/16 to 29/06/16 21/04/16 to 07/07/16	10am to 11.30am 6pm to 7.30pm 1pm to 2.30pm
Stronger Families Meet & Greet Stronger Families	Tuesdays	Postponed until Sept 2016 Dates tbc	4pm to 5pm 4pm to 6pm
CREATE	Tuesdays	03/05/16 to 24/05/16	4.15pm to 5.30pm
Self Esteem - morning	Fridays	06/05/16 to 01/07/16	10am to 11.30am
Self Esteem - evening	Mondays	09/05/16 to 04/07/16	6pm to 7.30pm
Who's in Charge Who's In Charge Follow up	Wednesdays Wednesday	04/05/16 to 29/06/16	12.30pm to 2.30pm 12.30pm to 2.30pm
Healthy Relationships	Thursdays	12/05/16 to 09/06/16	10am to 12pm
Thera-play	Thursdays	12/05/16 to 07/07/16	4.15pm to 5.15pm
Festival Fun Day	Thursday	11/08/16	12pm to 3pm
Wishes & Feelings Course	Tuesdays	26/07/16 to 09/08/16	10am to 12pm

WHAT'S NEW AT THE CENTRE?



Healthwatch Suffolk— ‘Come and talk’ Sessions

A Healthwatch Officer will be holding a ‘come and talk’ session at the Centre each month. This is an opportunity to discuss and share your views and experiences with the health and social care services that you and your family have used. Please speak to a member of staff to book an appointment.

Festival Fun Day

A free event for Young Women aged 13 to 24. Under 16s will need to bring a female adult with them to this event. Come along and experience Nail Artistry, Music, Motivation, Bracelet Making, Expect Respect, Keeping Safe, Sexual Health and much more. Refreshments will be available.



Lighthouse Choir 2016

More details coming soon

