

Wellbeing Groups Schedule: 09/10/23 – 14/10/23

Mon 9th	14:00-16:00	Gravesend Drop In 'The Meeting Place' - Dartford Orchard Shopping Centre
Tue 10th	13:30-15:30	Northfleet Activity Cafe Scout Hall, Beresford Road
Wed 11th	10:00-12:00	Gravesend Peer Support Safeharbour Wellbeing Centre (invite only)
	13:30-15:30	Dartford Peer Support Temple Hill Community Centre
Thu 12th	10:30-12:30	Bowling Hollywood Bowl Rochester
Fri 13th	10:30-12:00	Singing Back The Memories (Dartford) Tree Community Centre
	13:30-15:30	Swanley Memory Cafe St Peters Community Centre
	14:00-14:45	Chairfit Cyclopark
Sat 14th	10:30-12:30	Carers Group with Respite Activity Chalk Parish Hall