Meeting Places

November/December 2026



Forthcoming Group Itinerary

Every Thursday 11am - 1pm

(Please arrive no earlier than 10 minutes before the meeting start times)

5th Nov	**Speed Friending**
12th Nov	**Fear of relapse**
19th Nov	**Self supporting**
26th Nov	**Music as therapy led by Daniel**
3rd Dec	**Introduction to progressive muscle relaxation (PMR)**
10th Dec	**Coping with Christmas**
17th Dec	**Christmas Party**
24th Dec	**Guess who chose the Christmas song?!**
31st Dec	**Self supporting**

WALTHAM CROSS WELLBEING CENTRE

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