

KMC Activities Summer 2022

Monday	Tuesday	Thursday	Friday
<p>Assertiveness Jarrow Focus 10am-11.30am 20th June- 25th July</p>	<p>Anxiety Management Course Action Station 10am -11.30am 5th July - 9th Aug</p>		
<p>Mindful Photography meet at Wilko Jarrow 10.15am Ongoing weekly</p>	<p>Drop In all welcome Action Station 11.30am - 1pm Ongoing weekly</p>		<p>Drop In all welcome Jarrow Focus 12 - 1.30pm Ongoing weekly</p>
<p>Depression/Manage your Emotions Group Jarrow Focus 12-1pm Ongoing weekly</p>		<p>Wellbeing Group ACTS Beach Rd 1.30pm - 2.30pm Ongoing weekly</p>	<p>Creative Corner/ EUPD Peer Support Jarrow Focus 2pm - 3.30pm</p>
<p>Trans Group Jarrow Focus 3pm - 4.30pm Ongoing weekly</p>		<p>Mental Health Workshops ACTS Beach Rd 2.45pm - 4pm 30th June - 11th Aug</p>	