

# MENTAL HEALTH GROUPS TIMETABLE

2025

## Mindful Monday

**CRAFT GROUP**  
2.30 pm - 4.30 pm



## Gratituesday

**GENTLE YOGA**  
11:00 am - 12:00 pm

**GATHER & SHARE  
DINNER GROUP**  
05:00 pm - 7:30 pm



## Wellness Wednesday

**DROP-IN  
BREAKFAST &  
GAMES**  
9:00 am - 11.30 am



## Thoughtful Thursday

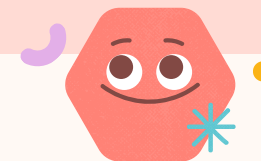
**WALK 'N' TALK  
GROUP**  
09:00 am - 11:30 am



## Feel-Good Friday

**GET INTO  
READING**  
12:00 pm - 1.30 pm

**PHILOSOPHY  
GROUP**  
01:00 pm - 2.30 pm  
(fortnightly)



CPSP Groups follow the school terms and take a short break during the holidays. Speak to a staff member for more information and new groups and workshops, as well as our holiday timetable. CPSP is funded by Capital Health Network.