






May/June /July	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<b>HASTINGS Café</b>  9.30-2.30 Mon, Weds, Fri	<b>CLOSED</b>	<b>HASTINGS Café</b>  9.30-2.30 Mon, Weds, Fri		<b>HASTINGS</b> Yoga 10.00-11.00 The Den with Sam
	<b>HASTINGS</b>  <b>SMART Recovery</b> 10.30-12.00 The Den		<b>BEACH CLEAN</b> Weather permitting. 9.30-10.30		<b>HASTINGS</b> Staying <b>SMART</b>  <b>SMART Recovery</b> 11.15 -12.30 The Den
	One to One Counselling booked appointments. 10.00-1.00PM SL		<b>HASTINGS</b> <b>PEER GROUP</b> 11.00-12.00 The Den		One to One Counselling booked appointments. 9.00-12.00 GT
	Creative Writing Art Room Starting on the 22 <sup>nd</sup> of April – 8 <sup>th</sup> of July with Sue Warren		Gym Session ESVH run activity 11.00-12.30 Transport Provided from the hub  Seasonal Sketchbook with Vicky 1.00-3pm		Hand Massage 12.00-2.30 Small Meeting Room 2 <sup>nd</sup> Friday of the
<b>HASTINGS</b>  <b>SMART Recovery</b> 1.00-2.30	One to One Counselling booked appointments. 1.00pm till 3.30pm SH		Online Recovery Support Group. Contact <a href="mailto:Stacy@esrauk.org">Stacy@esrauk.org</a> for a link to join 10.00-11.00	Barista Course EFT 7 <sup>th</sup> June-5 <sup>th</sup> July Please ask staff	
<b>Afternoon</b>				United in Pain CGL run group. 1.30-3.00pm Voluntary Group	
					One to One Counselling booked appointments. 9.00-12.00 BM

