

# **WORKSHOP TIMETABLE**

## **SPRING 2025 (JAN - MARCH)**

(Times may vary - check our website and social media for up-to-date info)

### **Vita Digital**

**Tuesday: 10 am- 12 pm (From 28th Jan)**

**Facilitated by: Martin**

**This group is for: Recovery Only**

Try something new and explore the world of photography and digital art.

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### **Vita Music**

**Wednesday: 10 am - 12 pm (From 13th Jan)**

**Facilitated by: Jack**

**This group is for: Recovery Only**

No musical background? No problem! Our music sessions are all about exploring various instruments, experimenting with rhythm and harmony, and finding joy in the act of creating sound.

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### **Community Theatre Group**

**Wednesday: 1 - 3pm (From 13th Jan)**

**Facilitated by: Sharon**

**This group is for: Recovery Only**

No experience required, just a willingness to have a go. Learn skills, build confidence, develop commitment and meet friends. This group works in schools to promote better choices.

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### **Naturewell (Secret Garden, Boscombe)**

**Thursday : 6.30 – 9.00pm (From 30th Jan)**

**Facilitated by: Karin**

**This group is for: Recovery Only**

Take a curious journey together by listening and sharing stories, feeling heard and acknowledged without being judged.

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### **Creative Writing**

**Friday: 10.30 am - 12.30 pm (From 13th Jan)**

**Facilitated by: Alice**

**This group is for: Recovery Only**

Writing supports well being. Through it, we can express ourselves and explore. Writing can shape and transform thoughts, feelings and everyday experience into something we can share with others or keep to ourselves.

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### **Fun Drama**

**Friday: 1 - 3 pm (From 13th Jan)**

**Facilitated by: Barbie**

**This group is for: Recovery Only**

These informal sessions help to build confidence; using drama games, you'll develop skills whilst having a lot of fun. No experience is needed.