

KEY			
	ONLINE CUPPA & CHAT		MONTHLY - SECOND WEDNESDAY EVERY WEEK 10:30am - 12:00pm
	FACE TO FACE CUPPA & CHAT (MORNING)		WILL BE ONCE A TERM IN THE OFFICE ON A TUESDAY 10:30am-12:00pm
	EVENING ONLINE CUPPA & CHAT		AD HOC ON A TUESDAY EVENING 6:00pm till 7:30pm
	Parent Training / Workshops		AD HOC
	** Booking Essential **		NOTE THESE ARE GUIDELINE DATES – CAN BE SUBJECT TO CHANGE !!!
DATE	MEET	TIME	VENUE
11-Jan	CUPPA & CHAT PSG - WEDNESDAY	10:30am-12:00pm	ONLINE - VIA ZOOM
13-Jan	Wellbeing workshop	10:30am-12:30pm	ONLINE - VIA ZOOM - FRIDAY
08-Feb	CUPPA & CHAT PSG - WEDNESDAY	10:30am-12:00pm	ONLINE - VIA ZOOM
09-Feb	SLEEP WORKSHOP WITH CEREBRA	4 hours	FACE TO FACE AT B29
08-Mar	CUPPA & CHAT PSG - WEDNESDAY	10:30am-12:00pm	ONLINE - VIA ZOOM
March	TBC Eating workshop	10:30am-12:30pm	ONLINE - VIA ZOOM
19-Apr	CUPPA & CHAT PSG - WEDNESDAY	10:30am-12:00pm	ONLINE - VIA ZOOM * Easter moved back
25-Apr	FACE TO FACE - CUPPA & CHAT B29 - TUESDAY	10:30am - 12:00pm	FACE TO FACE
09-May	EVENING CUPPA N CHAT - TUESDAY	6:00pm - 7:30pm	ONLINE - VIA ZOOM
10-May	CUPPA & CHAT PSG - WEDNESDAY	10:30am-12:00pm	ONLINE - VIA ZOOM
May	Workshop TBC	10:30am-12:30pm	ONLINE - VIA ZOOM
14-Jun	CUPPA & CHAT PSG - WEDNESDAY	10:30am-12:00pm	ONLINE - VIA ZOOM
04-Jul	FACE TO FACE - CUPPA & CHAT B29 - TUESDAY	10:30am - 12:00pm	FACE TO FACE
12-Jul	CUPPA & CHAT PSG - WEDNESDAY	10:30am-12:00pm	ONLINE - VIA ZOOM
NOTHING AUGUST			
13-Sep	CUPPA & CHAT PSG - WEDNESDAY	10:30am-12:00pm	ONLINE - VIA ZOOM
28-Sep	SLEEP WORKSHOP WITH CEREBRA	4 hours	FACE TO FACE AT B29
10-Oct	EVENING CUPPA N CHAT - TUESDAY	6:00pm - 7:30pm	ONLINE - VIA ZOOM
11-Oct	CUPPA & CHAT PSG - WEDNESDAY	10:30am-12:00pm	ONLINE - VIA ZOOM
October	Workshop TBC	10:30am-12:30pm	ONLINE - VIA ZOOM
07-Nov	FACE TO FACE - CUPPA & CHAT B29 - TUESDAY	10:30am - 12:00pm	FACE TO FACE
08-Nov	CUPPA & CHAT PSG - WEDNESDAY	10:30-12:00	ONLINE - VIA ZOOM
DECEMBERS TBC			