

# Sunflower Women's Centre - Autumn / Winter Timetable



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Creche open 10 till 12</b>	<b>Creche open 10 till 12</b>	<b>Creche open 10 till 12</b>	<b>Creche open 10 till 12</b>	<b>Creche open 10 till 12</b>
<b>Stay &amp; Play 10 till 11.30</b>	<b>Stay &amp; Play 10 till 11.30</b>	<b>Stay &amp; Play 10 till 11.30</b>	<b>Stay &amp; Play 10 till 11.30</b>	<b>Stay &amp; Play 10 till 11.30</b>
<b>Therapeutic Groups Drop In (See board) 10-12pm</b>  <b>Self Care 10-12pm</b>	<b>Therapeutic Groups Drop In (See board) 10-12pm</b>  <b>Self Care 10-12pm</b>  <b>Freedom Group 10-12pm</b>	<b>Therapeutic Groups Drop In (See board) 10-12pm</b>  <b>Self Care 10-12pm</b>  <b>Freedom Group 10-12pm</b>	<b>Therapeutic Groups Drop In (See board) 10-12pm</b>  <b>Self Care 10-12pm</b>  <b>Freedom Group 10-12pm</b>  <b>PDAS (Weekly) 10-3pm</b>	<b>Therapeutic Groups Drop In (See board) 10-12pm</b>  <b>Guest Drop In (See board)</b>
<b>Gifted Women 2pm-3.30pm Monthly</b>  <b>Mindful Art 1-2.30pm</b>  <b>First time women's group 1-2pm</b>  <b>Women's Space Activity 2-3pm</b>  <b>Coffee &amp; Chat 3-4pm</b>	<b>First time women's group 1-2pm</b>  <b>Women's Space Activity 2-3pm</b>  <b>Coffee &amp; Chat 3-4pm</b>	<b>1pm - CLOSED FOR TEAM MEETING &amp; TRAINING</b>	<b>DWP Support (Weekly) 12.30-2.30pm</b>  <b>Shelter (Monthly)</b>  <b>First time women's group 1-2pm</b>  <b>Women's Space Activity 2-3pm</b>  <b>Coffee &amp; Chat 3-4pm</b>	<b>First time women's group 1-2pm</b>  <b>Women's Space Activity 2-3pm</b>  <b>Coffee &amp; Chat 3-4pm</b>