

## Adfam East Sussex – Spring Timetable 2023

Day and date	Activity	Time
Tues 11/04/2023	Peer Support	13:00 – 14:00

Day and date	Activity	Time
Mon 17/04/2023	Peer Support	19:00 – 20:00

Day and date	Activity	Time
Tues 25/04/2023	Peer Support	13:00 – 14:00

Day and date	Activity	Time
Mon 01/05/2023*(Bank Holiday)	Peer Support	19:00 – 20:00
Thurs 04/05/2023	Mindfulness Drop-In	09:30 - 10:00

Day and date	Activity	Time
Tues 09/05/2023	Peer Support	13:00 – 14:00

Day and date	Activity	Time
Mon 15/05/2023	Peer Support	19:00 – 20:00
Thursday 06/04/2023	Mindfulness Drop-In	09:30 - 10:00

Day and date	Activity	Time
Tues 23/05/2023	Peer Support	13:00 – 14:00