


Monday	Tuesday	Wednesday	Thursday	Friday
<b>November TWP 13 Park Square Leeds LS1 2LF 0113 3808900</b>	 <i>together women</i>		1-3pm IT Drop In 1-2pm Right Track (Probation) 2-4pm Large room booked for meeting	10-11am Health Walk 11am – 1pm Lunch Club 11 – 2pm IT Drop in
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9 – 11:00am Breakfast Club 11.30-12.30pm Leeds Girls Can Sessions 11:30am-1pm Confidence Building Through Art 11am – 1pm IT Drop In	10am-12pm Phoenix peer support 9.30-11.30 Breathing Space WHM 12.30-2.30 Breathing Space WHM 1-2pm Managing Anxiety	10am -3:30pm Forward Leeds 10.30 – 12.30 The Key WHM 1-4pm Leeds Housing Options 1pm Healthy Relationships 2-4pm Battle Scars group	1-3pm IT Drop In 1-2pm Right Track (Probation)	10-11am Health Walk 11am – 1pm Lunch Club 11 – 2pm IT Drop in
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9 – 11:00am Breakfast Club 11.30-12.30pm Leeds Girls Can Sessions 11:30am-1pm Confidence Building Through Art 11am – 1pm IT Drop In	10am-12pm Phoenix peer support 9.30-11.30 Breathing Space WHM 12.30-2.30 Breathing Space WHM 1-2pm Managing Anxiety	10am -3:30pm Forward Leeds 10.30 – 12.30 The Key WHM 1pm Healthy Relationships 1-4pm Leeds Housing Options	1-3pm IT Drop In 1-2pm Right Track (Probation) 2-4pm Large room booked for meeting	10-11am Health Walk 11am – 1pm Lunch Club 11 – 2pm IT Drop in
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
9 – 11:00am Breakfast Club 11.30-12.30pm Leeds Girls Can Sessions 11:30am-1pm Confidence Building Through Art 11am – 1pm IT Drop In	10am-12pm Phoenix peer support 9.30-11.30 Breathing Space WHM 12.30-2.30 Breathing Space WHM 1-2pm Managing Anxiety	10am -3:30pm Forward Leeds 1-4pm Leeds Housing Options 10.30 – 12.30 The Key WHM 1pm Healthy Relationships 2pm Movie Afternoon!	1-3pm IT Drop In 1-2pm Right Track (Probation)	10- 11am Health Walk 11am – 1pm Lunch Club 11 – 2pm IT Drop in
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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WHM = Women's Health Matters

\*See Farhana for more details – need to be booked on to attend