



# Weekly Drop - Ins

## **Meditation and Mindfulness Club**

Every Tuesday during Spring Term  
Starting Tuesday 13th January  
1pm - 1:30pm  
**Online: Microsoft Teams**

## **Journaling Club**

Every Tuesday during Spring Term  
Starting Tuesday 13th January  
1pm - 1:30pm  
**Online: Microsoft Teams**

## **It's Not About the Drawing**

Monday 12th January  
1pm - 3pm  
**Online: Microsoft Teams**

Monday 23rd February  
1pm - 3pm  
**Online: Microsoft Teams**

Monday 26th January  
1pm - 3pm  
**Online: Microsoft Teams**

Monday 9th March  
10am - 12pm  
**Online: Microsoft Teams**

Monday 9th February  
1pm - 3pm  
**Online: Microsoft Teams**

Monday 23rd March  
10am - 12pm  
**Online: Microsoft Teams**

**Course Dates, Times and Venues can be subject to change.  
To check course information or to book on, please contact us!**



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# January Spring 2026

## **Humour for Recovery**

6 week course starting on:  
Thursday 8th January  
2pm - 4pm  
LCB Depot, Leicester City

## **Social Media and Wellbeing**

Monday 12th January  
10am - 12pm  
Online: Microsoft Teams

## **Understanding Medications for Mental Health**

Friday 16th January  
10am - 12pm  
Online: Microsoft Teams

## **Reading Round**

4 week course starting on:  
Friday 16th January  
12pm - 1:30pm  
Online: Microsoft Teams

## **Introduction to It's Not About the Drawing**

Monday 19th January  
1pm - 3pm  
Online: Microsoft Teams

## **Let's Get Digital**

3 week course starting on:  
Tuesday 20th January  
10am - 12:30pm  
Leicester Adult Education College

## **Introduction to Arts in Mental Health**

Tuesday 27th January  
10am - 12pm  
To Be Confirmed

## **Understanding Psychosis and Schizophrenia**

Friday 30th January  
10am - 12pm  
Online: Microsoft Teams

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# February

## Spring 2026

### **Loneliness: Get Better Connected**

Monday 2nd February  
10am - 12pm

Online: Microsoft Teams

### **Intro to Recovery - CHIME**

5 week course starting on:  
Tuesday 3rd February  
10am - 12pm

LCB Depot, Leicester City

### **Recovery Goals: Reflect and Reset**

Wednesday 4th & 11th February  
10am - 11:30am

Market Harborough Leisure Centre

### **Managing Stress**

Wednesday 4th & 11th February  
1:30pm - 3:30pm  
Online: Microsoft Teams

### **Building Confidence in MS Teams**

Thursday 5th February  
11am - 11:45am

Online: Microsoft Teams

### **Understanding Medications**

Friday 6th February  
OR Friday 27th February  
10am - 12pm  
Online: Microsoft Teams

### **Student Feedback Forum**

Monday 23rd February  
11am - 12pm

Online: Microsoft Teams

### **Lets Talk Safety: Harm Reduction**

Wednesday 25th February  
10am - 12pm  
Online: Microsoft Teams

### **Introduction to Emotional Mindfulness**

Wednesday 25th February  
2pm - 4pm  
Online: Microsoft Teams

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# March

## Spring 2026

### Connecting with Nature

Monday 2nd March  
10am - 12pm

Online: Microsoft Teams

### Introduction to Journaling

Monday 2nd March  
1pm - 3pm

Online: Microsoft Teams

### Involvement Opportunities Within

#### LPT

Wednesday 4th March  
10:30am - 12pm

Online: Microsoft Teams

#### Routines:

#### Building a Balanced Life

Wednesday 4th & 11th March  
1:30pm - 3pm

LCB Depot, Leicester City

### Writing for Self-Expression

4 week course starting on:  
Thursday 5th March  
10:30am - 12pm

Online: Microsoft Teams

### Learn to Surf

Thursday 5th, Friday 13th & 20th March  
1pm - 3:15pm

To Be Confirmed

### Understanding Psychosis and Schizophrenia

Friday 6th March  
10am - 12pm

LCB Depot, Leicester City

### Social Anxiety

Friday 6th March  
1pm - 3pm

Online: Microsoft Teams

### Introduction to Employment Support

Wednesday 11th March  
10am - 12pm

Online: Microsoft Teams

### Understanding Medications for Mental Health

Friday 13th March  
10am - 12pm

Online: Microsoft Teams

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# March

## Spring 2026

### Introduction to Self Care

Monday 16th March  
10am - 12pm  
**Wigston Library**

### Recovery Goals: Reflect and Reset

Wednesday 18th & 25th March  
10am - 11:30am  
**Online: Microsoft Teams**

### Social Anxiety

Friday 20th March  
10am - 12pm  
**Marlene Reid Centre, Coalville**

### Understanding Bipolar Disorder

Tuesday 24th March  
10am - 12pm  
**Online: Microsoft Teams**

### Nature for Wellbeing and Recovery

Friday 27th March  
10am - 12:30pm  
**Abbey Park**

### Mental Health and Smoking

Tuesday 17th March  
10am - 12pm  
**Online: Microsoft Teams**

### Lets Talk Safety: Harm Reduction

Wednesday 18th March  
2pm - 4pm  
**To Be Confirmed**

### Gardening for Wellbeing

Monday 23rd March  
1:30pm - 3:30pm  
**A Place to Grow, Enderby**

### Introduction to Emotional Mindfulness

Wednesday 25th March  
2pm - 4pm  
**To Be Confirmed**

### Being a Carer

Friday 27th March  
1:30pm - 3pm  
**Online: Microsoft Teams**

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