

What's on?

Our Café in Lancaster is open from 9.00 am - 3.00 pm with snacks available in the evenings

Monday

Positive Literacy	10:00 am - 12:00 pm
Singing for fun	1.00 pm - 3.00 pm
Crisis Café	4.00 pm - late

A safe place for people experiencing emotional crisis or loneliness



Tuesday

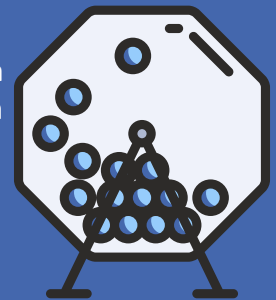


Craft and Chat	10:00 am - 12:00 pm
Drama and Movement	1.00 pm - 3.00 pm
Crisis Café (Appointment only)	4.00 pm - late

A safe place for people experiencing emotional crisis or loneliness

Wednesday

Moving Forward with Confidence (Personal development courses)	10:00 am - 12:00 pm
Guitar Group	10.00 am - 11.30 pm
Tittle Tattle	1:00 pm - 3:00 pm
Hearing Voices Peer Group	3.15 pm - 4.15 pm
Carers Group	3.15 pm - 4.15 pm
Crisis Café	4.00 pm - 6.00 pm
Crisis Café (appointment only)	6.00 pm - late



Thursday



Talking Therapies (Price on application)	All day
Drawing and Painting	10:00 am - 12:00 pm
Tittle Tattle (Morecambe Library)	10.00 am - 12.00 pm
Jiggle with Jeannie	1.00 pm - 3.00 pm
Crisis Café (Appointment only)	4.00 pm - late

Friday



Looking Forward to the Future (Ten-week course)	10:00 am - 12:00 pm
Knit & Nurture	13:00 pm - 15:00 pm
Gym Buddies	1.00 pm - 2.00 pm
Free Quiz	2.00 pm - 3.00 pm
Crisis Café	4.00 pm - late



Please contact us for more details. Small fees apply.

 www.positivefutures.uk

 Positive Futures, 701 White Cross Industrial Estate, Cameron House, South Rd, Lancaster, LA1 4XF

 01524 587223 or 07930436764 Crisis Café: 07507649821  office@mypositivefuture.net