

Monday Week begin 14th	Tuesday 15th Dec	Wednesday 16 th Dec	Thursday 17 th Dec	Friday 18 th Dec	Saturday 19 TH . Dec	Sunday 20 th . Dec
Monday Check- In 10am ID: 833 8559 8923		Wednesday Coffee 10am ID: 813 5662 4258		Friday Coffee 10am ID: 853 4458 5560		
A & Crafts In House: Blantyre 11-1pm	Health Issues In Community Online: 10-12pm Deprivation & Poverty	Alcohol Awareness 10am-12am In-house Blantyre	New Volunteer Training Inhouse 10-3pm	My Support Day Family Support Meeting In house Blantyre 10-11:30am	Walking Group 10-12pm	Volunteers Dev SessOnline 10-12pm
Managing Difficult Conversations In House: Blantyre 1:30-3:30pm	Recovery Meeting Inhouse at Cambuslang Beacon Time 3pm-4:30pm	My Support Day Family Support In- house Cambuslang 10-11:30am		Applied Relaxation online 11am-12pm ID: 847 9370 2833	Meeting Santa online (Booking required, all receive keepsake recording of Santa) ID: 812 8338 2820	
Mental Health Workshop Online 3:30-4:30pm ID: 849 0636 2851	Applied Relaxation (online) 1pm-2pm ID: 847 9370 2833	Taking Control Closed Group W1 Online 1-3pm		Recovery Meeting Inhouse Blantyre 1:30-3pm.		
Men's Group Online Evening Time 6-7:30pm Meeting ID: 865 5347 4066	My Support Day Support Group Online 6:30 ID: 523 775 959 Password: 888 608	MSD Self Care Online 1-2pm ID: 856 2264 3550	Emotional Regulation Closed Group Online 2-4pm	Mental Health Workshop Online 1.30-3.30pm ID: 880 7144 0473 All in the Family How to Find Yourself Friday 1:30-2:30 online ID: 847 0902 3689		
				Aileen's Yoga Session 4:30pm-5:30pm ID: 841 9777 6102 Passcode: 218431		
		Women's Group In-house: Blantyre 12:30-2pm		Beacons Bingo Online 6-7pm ID: 885 0178 2889		

All online session on ZOOM- ID numbers in red. Watch Facebook and Twitter for updates and codes. All in house activities have to be booked in advance due to guidance and restrictions. Please call 01698 755926 or email to make a booking admin@thebeacons.org.uk