

Monday	Ease into the Week 10.30-11.30am (Wellbeing group to start the week. Breathwork, self massage etc)	Cuppa Connections 12.00-2.00pm (Social drop-in. Free cuppas and WiFi)
Tuesday	Women's Support Group 10.30-11.30am (Open to anyone identifying as female)	Cuppa Connections 12.00-2.00pm Art 1.30-4.00pm (Just bring your inspiration) Yoga 4.30-5.30pm (Gentle stretching and breathwork. Check for availability)
Wednesday	CGL (contact CGL for groups timetable)	
Thursday	Acupuncture 10.30-11.30am	Cuppa Connections 12.00-2.00pm
Friday		Cuppa Connections 12.00-2.00pm Peer Support Group 2.00pm-3.30pm (Check in before the weekend) Creative Writing 4.00-6.00pm
Saturday	Cascade Recovery Choir 10.30am-12.30pm (Come and sing – enthusiasm the only requirement)	



First Saturday of the month our famous **Open Mic Night** 6.30pm-10.00pm
We have one-off events, workshops and happenings. **Karaoke** third Saturday of the month 6.30pm to 9.30pm.

Cascade Creative Recovery, 3rd floor, Brighthelm Centre BN1 1YD
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