

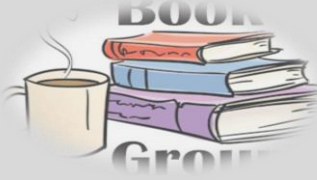



Timetable of online activities

To join any of these activities, please click on the name of the activity or enter the zoom meeting details in your zoom app.
For further information and support, call **The Mulberry Centre** on **020 8321 6300** or email: talk@themulberrycentre.co.uk

February 2021	WEEKLY CLASSES	INFORMATION & WORKSHOPS	WORKSHOPS
MONDAYS 	<p>Guided Meditation – Join here February 1,8,15,22 from 10:00 to 10:30am Zoom Meeting ID :851 9453 5622 Passcode: 887965</p> <p>Tai Chi Class – Postponed until further notice. Click here to meet Paul – volunteer Tai Chi Instructor</p>		<p>Patient Support Group February 1, 8, 15, 22 & from 3:00-4:30pm (please call for details)</p>
TUESDAYS 	<p>Creative Writing - Join here February 2 and 16 from 11:00 - 12:30pm Meeting ID: 883 9241 3471 Passcode: 231454</p>	<p>Benefits support– Unemployed – Essential Information - Join here February 9 from 2:00 – 3:00pm Meeting ID: 879 7047 9894</p> <p>Benefits support – Pensioners /Carers - Essential Information - Join here February 16 from 2.00-3.00pm Meeting ID: 863 0244 9948</p> <p>Benefits support –Employed/Self Employed Essential Information - Join here February 23 from 2.00-3.00pm Meeting ID: 841 3052 8650</p>	<p>Soft Tissue Release Techniques to use after breast surgery – Join here February 16 from 11.30 – 12.30pm Meeting ID: 837 7471 0354 Passcode: 418460</p>
WEDNESDAYS 	<p>Guided Meditation – Join here February 3, 10, 17 and 24 from 10:00 to 10.30am Zoom Meeting ID: 851 9453 5622 Passcode: 887965</p> <p>EFT (Emotional Freedom Technique – tapping to release anxiety) – Join here February 3, 10, 17 and 24, from 11.30-12.30pm Zoom Meeting ID: 842 4858 2243 / Passcode: 583851</p>		
THURSDAYS 		<p>Book Group – Join here Book: Agent running in the field – John Le Carre February 25 from 12.00 to 1:30pm Meeting ID: 872 9750 5470 Passcode: 028105</p> <p>Legal Sessions February 4 (please call to book your 30 min session)</p>	<p>Carers Support Group February 4 and 18 from 11:00-12:30 am (please call for details)</p> <p>Bereavement Support Group February 11 & 25 from 10:00-11:30 am (please call for details)</p>
FRIDAYS 	<p>Guided Meditation – Join here February 5, 12, 19 and 26 from 10:00 to 10.30am Zoom Meeting ID: 851 9453 5622 Passcode: 887965</p> <p>one2one Yin Yoga – for relaxation February 5, 12, 19 and 26 from 11:00 to 11:45am (please call to book your 30 min session)</p>		<p>Welfare and Benefits Sessions (please call to book your 30 min session)</p>

Updated 11/01/2021