



# 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](mailto:talk@themulberrycentre.co.uk)

January 2021	WEEKLY CLASSES	INFORMATION & WORKSHOPS	WORKSHOPS
<b>MONDAYS</b> 	<p><a href="#">Guided Meditation – Join here</a> January 4,11,18 and 25 from 10:00 to 10:30am Zoom Meeting ID: 825 7005 6436 / Password: 478118</p> <p><a href="#">Tai Chi Class – Postponed until further notice</a> <a href="#">Click here to meet Paul – volunteer Tai Chi instructor</a></p>		<p><a href="#">Patient Support Group</a> January 4,11,18 &amp; 25 from 3:00-4:00pm (please call for details)</p>
<b>TUESDAYS</b> 	<p><a href="#">Creative Writing - Join here</a> January 5 and 19 from 11:00 - 12:30pm Zoom Meeting ID: 884 1977 1083 / Passcode: 884910</p>	<p><a href="#">Benefits support– Unemployed – Essential Information - Join here</a> January 12, from 2:00 – 3:00pm Zoom Meeting ID: 825 6311 4079 / Passcode: 310489</p> <p><a href="#">Benefits support – Carers - Essential Information - Join here</a> January 19 from 2.00-3.00pm Zoom meeting ID 863 0244 9948/Passcode 286460</p> <p><a href="#">Benefits support –Employed/Self employed Essential Information - Join here</a> January 26 from 2.00-3.00pm Zoom Meeting ID: 833 5424 7575/Passcode:991856</p>	
<b>WEDNESDAYS</b> 	<p><a href="#">Guided Meditation – Join here</a> January 6,13,20 and 27 from 10:00 to 10.30am Zoom Meeting ID: 825 7005 6436 / Password: 478118</p> <p><a href="#">EFT (Emotional Freedom Technique – tapping to release anxiety) – Join here</a> January 6, 13, 20 and 27, from 11.30-12.30pm Zoom Meeting ID: 842 4858 2243 / Passcode: 583851</p>		
<b>THURSDAYS</b> 		<p><a href="#">Book Group – Join here</a> <b>Book: The Last Family in England by Matt Haig</b> January 28, from 1.00 to 2:30pm Zoom Meeting ID: 886 8149 2784 / Passcode: 252110</p> <p><a href="#">Legal Sessions</a> January 7, (please call to book your 30 min session)</p>	<p><a href="#">Carers Support Group</a> January 7 and 21 from 11:00-12:30 am (please call for details)</p> <p><a href="#">Bereavement Support Group</a> January 14 &amp; 28 from 10:00-11:30 am (please call for details)</p> <p><a href="#">How People Grieve</a> January 21 from 3.30-5.00pm (please call for details)</p>
<b>FRIDAYS</b> 	<p><a href="#">Guided Meditation – Join here</a> January 8,15,22, and 29 from 10:00 to 10.30am Zoom Meeting ID: 825 7005 6436 / Password: 478118</p> <p><a href="#">one2one Yin Yoga – for relaxation</a> January 8, 15,22 and 29 from 11:00 to 11:45am (please call to book your 30 min session)</p>		<p><a href="#">Welfare and Benefits Sessions</a> (please call to book your 30 min session)</p>

Updated 11/01/2021