

What's On at Positive East

June

Thurs 1 June

Compassionate Minds
practicing self compassion
12pm to 5pm

Tues 13 June

Film night - Last Men
Standing + panel discussion
6:15pm to 9pm

Tues 20 June

Compassionate Minds
12pm to 5pm

Tues 20 June

Positive Life group
7pm to 9pm

Wed 28 June

Drug and Alcohol support
3pm to 5pm

Thurs 8 June

Secrets and Stories
drama workshop
6:30pm to 9pm

Thurs 15 June

Secrets and Stories
drama workshop
6:30pm to 8:30pm

Tues 20 June

Drug and Alcohol support
4pm to 6pm

Thurs 22 June

Secrets and stories
performance
6:30pm to 8:30pm

Wed 28 June

Green Light support group
5pm to 8pm

For more info:

talktome@positiveeast.org.uk
positiveeast.org.uk/whatson

