



# Come Together Weekly Schedule

	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>		<p><b>Media Group.</b></p> <p>Come and get involved with our very own new podcasts and media sessions - we can learn together !</p> <p><b>The Millennium Centre, Corporation St, St Helens, WA10 1HJ.</b></p> <p><b>10 am - 12 am</b></p>	<p><b>Meditation Therapy.</b></p> <p>We provide amazing yoga experts who tailor each session to your personal needs.</p> <p><b>Peppermint Hot Yoga And Well Being, 526 Fleet Ln, Saint Helens, WA9 2NB.</b></p> <p><b>10 am - 11 am</b></p>		<p><b>Community Outreach Programme.</b></p> <p>We meet up at 10am and work as a group visiting the vulnerable on our own streets, providing donations and a kind word for those who need it most.</p> <p><b>Cafe Nero's, 1-3 Ormskirk St, St Helens, Saint Helens WA10 1BQ.</b></p> <p><b>10 am - 12 pm</b></p>
<b>Afternoon</b>		<p><b>Horticultural Therapy.</b></p> <p>Gardening can help to reduce stress, anxiety, improve mood, and promote overall well-being.</p> <p><b>Community Allotments, Inman Avenue, St. Helens, Merseyside. WA9 2QS.</b></p> <p><b>2 pm - 4 pm</b></p>	<p><b>Horticultural Therapy.</b></p> <p>Gardening can help to reduce stress, anxiety, improve mood, and promote overall well-being.</p> <p><b>Community Allotments, Inman Avenue, St. Helens, Merseyside. WA9 2QS.</b></p> <p><b>2 pm - 4 pm</b></p>		<p><b>Wellbeing Support Group.</b></p> <p>We get creative at these sessions, providing an hands on experience to help improve positivity.</p> <p><b>Wonderland Theme Rooms (CIC). Canal Street, St. Helens, Merseyside. WA10 3JQ.</b></p> <p><b>12 pm - 1 pm</b></p>
<b>Evening</b>	<p><b>Yoga Therapy.</b></p> <p>We've created a special place to unwind and relax through yoga.</p> <p><b>Park Farm Community Centre, 54 Kentmere Avenue, St Helens, WA11 7PG.</b></p> <p><b>7 pm - 8 pm</b></p>	<p><b>Sports Therapy.</b></p> <p>Understanding the fundamentals of sports therapy can greatly benefit your physical well-being.</p> <p><b>Parr Sports &amp; Community Centre, St. Helens, Merseyside.</b></p> <p><b>7 pm - 8 pm</b></p>	<p><b>Yoga Therapy.</b></p> <p>We've created a special place to unwind and relax through yoga..</p> <p><b>Park Farm Community Centre, 54 Kentmere Avenue, St Helens, WA11 7PG.</b></p> <p><b>7 pm - 8 pm</b></p>	<p><b>Football Therapy.</b></p> <p>Our weekly 5-a-side football games are a super friendly, and popular event, and is open to everyone, regardless of skill level.</p> <p><b>Parr Sports &amp; Community Centre, St. Helens, Merseyside.</b></p> <p><b>6 pm - 7 pm</b></p> <hr/> <p><b>Yoga Therapy.</b></p> <p>We've created a special place to unwind and relax through yoga..</p> <p><b>Park Farm Community Centre, 54 Kentmere Avenue, St Helens, WA11 7PG.</b></p> <p><b>6.30 pm - 7.30 pm</b></p>	