



JULY AT THE NOOK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Self-esteem for young women workshop (10-11) 	2 Walk and talk (12-1) 'Love and Trouble'- Film club with SMHAF* (4-6.30) 	3 Introduction to AI (10.30-12.30) 	4	5
6 Menopause cafe (12.30-2) Men's gambling support drop-in (1-2.30)	7 Chest, Heart, and Stroke Scotland health checks (11-3) 	8 Boosting self-esteem workshop (11-12)	9 Women's gambling support drop-in (10-12) Walk and talk (12-1)	10 Canva and connect (10.30-12.30)	11	12
13 Home Energy Scotland- information and support drop-in (11-2) 	14 Rhythmic Release: meditation and dance (11.30-12.30) 	15 Self-compassion for young women workshop (10-11) Craft club drop-in (2-3.30) Neurodiversity café (5.30-6.30) 	16 Walk and talk (12-1) German language taster (1.30-2.30) 	17 Walk and talk with Cycling UK (12-2) 	18	19
20	21 Suicide bereavement support group (11.30-1) Menopause and me workshop (1-2)	22 	23 Grief café (10-11.30) Chest, Heart, and Stroke Scotland health checks (11-3) Walk and talk (12-1) Creative writing course (1-3)	24	25 Men's group (11-12.30) 	26
27 Connect group- for young people 13-16* (5.00-6.30) 	28	29	30 Women's gambling support drop-in (10-12) Walk and talk (12-1) Creative writing course (1-3)	31		

• Please speak with a member of staff or email glasgownook@samh.org.uk to sign up



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