

AUGUST AT THE NOOK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Men's gambling support drop-in (1-2.30)	4	5	6 Chest, Heart, and Stroke Scotland health checks (11-3) Walk and talk (12-1) Creative writing course (1-3) 'On Falling'- Film club with SMHAF (4-6.30)	7	8	9
10 Home Energy Scotland- information and support drop-in (11-2)	11 The magic of wellbeing (11-12)	12 Improving resilience workshop (11-12) Craft club (2-3.30)	13 Women's gambling support drop-in (10-12) Walk and talk (12-1) Scots language taster (1.30-2.30)	14	15	16
17 Next Chapter Scotland- Criminal Justice information and support drop-in (11-2) Chest, Heart, and Stroke Scotland health checks (11-3)	18 Suicide bereavement support group (11.30-1)	19 Collaborative story telling workshop 11-12 Neurodiversity café (5.30-6.30)	20 Walk and talk (12-1) Drama for confidence (1.30-3)	21	22	23
24 Menopause cafe (12.30-2)	25 West of Scotland Regional Equality Council information and support drop-in (11-1)	26 Creative expression for wellbeing workshop (10.30-12.30) Dementia Heroes cafe (10.30-12)	27 Women's gambling support drop-in (10-12) Grief café (10-11.30) Walk and talk (12-1) Drama for confidence (1.30-3)	28	29 Men's group (11-12.30)	30
31 Connect group- for young people 13-16* (5.00-6.30)						

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



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