



## Hammersmith and Fulham Wellbeing Activity Timetable 2020 - Virtual Groups and Short Course

<i>Group/Activity</i>	<i>Day</i>	<i>Time</i>	<i>Platform</i>	<i>Facilitator</i>
<b>Group Fellowship</b>	<b>Tuesday</b>	<b>2:30pm - 4:30pm</b>	<b>Zoom Video Conference Call</b>	<b>Georgie Wates - Peer Mentor (Volunteer)</b> <b>Staff: Rachel Parker - Peer Support Coordinator</b>
<b>Road To Recovery (Structured Programme) Short Course</b>	<b>Wednesday</b>	<b>11:30am - 2:30pm</b>	<b>Zoom Video Conference Call</b>	<b>Caira Lewis and Priscilla Chung - Community Link Workers (RF Staff)</b>
<b>Open Session/Mindfulness</b>	<b>Thursday</b>	<b>10:30am - 11:30am</b>	<b>Zoom Video Conference Call</b>	<b>Ionela Lovin - Peer Mentor (Volunteer)</b> <b>Staff: Rachel Parker - Peer Support Coordinator</b>