

Dear Participant

**Regarding Monday Night Wellness Group**

Group will continue on a fortnightly basis for 2017.

**The following dates are when group will be held, the venue remains the same and the time of commencement will be 1830 hours to 2000 hours. Please arrive by 1825 as lifts require security after 1830.**

**July 2017**

Monday 3<sup>rd</sup>

Monday 17<sup>th</sup>

**August 2017**

Monday 7<sup>th</sup>

Monday 21<sup>st</sup>

**September 2017**

Monday 4<sup>th</sup>

Monday 18<sup>th</sup>

**October 2017**

Monday 2<sup>nd</sup>

Monday 16<sup>th</sup>

Monday 30<sup>th</sup>

**November 2017**

Monday 13<sup>th</sup>

Monday 27<sup>th</sup>

**December 2017**

Monday 11<sup>th</sup>

The 2017 dates will be available on our web page.

Yours Sincerely,

Carolyn McDonald

Senior Clinician NMHP

Dear Participant,

**Monday Night Wellness Group**

A survey was taken in August 2016 and results will see group continue on a fortnightly basis for 2017 until further review.

**The following dates are when group will be held, the venue remains the same and the time of commencement will be 1830 hours to 2000 hours. Please arrive by 1825 as lifts require security after 1830.**

**January 2017**

Monday 9<sup>th</sup>

Monday 23<sup>rd</sup>

**February 2017**

Monday 6<sup>th</sup>

Monday 20<sup>th</sup>

**March 2017**

Monday 6<sup>th</sup>

Monday 20<sup>th</sup>

**April 2017**

Monday 3<sup>rd</sup>

Monday 24<sup>th</sup>

**May 2017**

Monday 8<sup>th</sup>

Monday 22<sup>nd</sup>

**June 2017**

Monday 5<sup>th</sup>

Monday 19<sup>th</sup>

The 2017 dates will be available on our web page.

Yours Sincerely,

Carolyn McDonald

Case manager NMHP