



SUTTON NIGHT WATCH TIMETABLE



SEPT/OCT/NOV 2023

ACTIVITIES & EVENTS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8AM – 12PM DROP IN : TEA/COFFEE/ BREAKFAST & CHAT</p>	<p>8AM -12PM POSITIVE STEPS PROGRAM & EMPOWERING LIVES PROJECT – BY APPOINTMENT ONLY – REGISTER ONLINE</p> <p>11 AM – 12PM MEDITATION – AT CENTRE</p>	<p>9AM -12PM BENEFIT CLINIC (APPOINTMENT ONLY)</p>	<p>8AM -12PM POSITIVE STEPS PROGRAM & EMPOWERING LIVES PROJECT – BY APPOINTMENT ONLY – REGISTER ONLINE</p> <p>10.30AM – 12PM RECOVERY MATTERS WITH BOBBY</p>	<p>8AM – 12PM DROP IN : TEA/COFFEE/ BREAKFAST & CHAT</p>
<p>12PM - 2PM CLOSED</p>	<p>12PM - 2PM CLOSED</p>	<p>12PM - 2PM CLOSED</p>	<p>12PM - 2PM CLOSED</p>	<p>12PM - 2PM CLOSED</p>
<p>2PM – 6PM DROP IN: TEA/COFFEE/ DINNER & CHAT</p>	<p>2PM – 3.30 PM ART CLASS</p> <p>2PM – 4PM POSITIVE STEPS PROGRAM & EMPOWERING LIVES PROJECT – BY APPOINTMENT ONLY – REGISTER ONLINE</p>		<p>2PM – 4PM POSITIVE STEPS PROGRAM & EMPOWERING LIVES PROJECT – BY APPOINTMENT ONLY – REGISTER ONLINE</p> <p>2PM – 4PM COOKWISE – Learn how to cook healthy meals on a budget</p>	<p>2PM – 6PM DROP IN: TEA/COFFEE/ DINNER & CHAT</p>