

****NEW DATES - SPRING 2023 SEMESTER****

Title	Start Date	Time	End Date	Venue	Weeks
BOOK UP!	17/04/2023	10AM	24/04/2023	BURY	2
TIME TO SHINE	17/04/2023	2PM	24/04/2023	BURY	2
CURTAINS TO SLEEPLESS NIGHTS	19/04/2023	10AM	26/04/2023	AUL	2
SCRAPBOOKING	19/04/2023	10AM	10/05/2023	AUL	4
HELP YOURSELF TO WELLBEING	19/04/2023	2PM	31/05/2023	AUL	7
AN INTRODUCTION TO AYURVEDA	20/04/2023	10AM	11/05/2023	AUL	4
OUT OF THE BLUES	21/04/2023	10AM	26/05/2023	STO	6
ARTS FOR WELLBEING	21/04/2023	10AM	02/06/2023	AUL	7
CURTAINS TO SLEEPLESS NIGHTS	21/04/2023	2PM	28/04/2023	STO	2
BOOK UP!	25/04/2023	10AM	02/05/2023	AUL	2
ASSERT YOURSELF	02/05/2023	2PM	09/05/2023	AUL	2
I AM IN CONTROL	03/05/2023	10AM	07/06/2023	AUL	6
OUT OF THE BLUES	04/05/2023	2PM	08/06/2023	AUL	6
I AM IN CONTROL	05/05/2023	2PM	09/06/2023	STO	6
GET MENTAL HEALTH AWARE	09/05/2023	10AM	09/05/2023	AUL	1
RECLAIM YOUR LIFE	15/05/2023	10AM	03/07/2023	BURY	5
SELF ESTEEM BOOSTER	15/05/2023	2PM	10/07/2023	BURY	6
SELF ESTEEM BOOSTER	18/05/2023	10AM	22/06/2023	AUL	6
CHARGE UP!	22/05/2023	10AM	22/05/2023	AUL	1
BELIEVE AND ACHIEVE	23/05/2023	10AM	13/06/2023	AUL	4
LIVING WELL WITH PSYCHOSIS	23/05/2023	2PM	13/06/2023	AUL	4
BLOGGING FOR WELLBEING	24/05/2023	10AM	31/05/2023	AUL	2
ASSERT YOURSELF	02/06/2023	10AM	09/06/2023	STO	2
WELLNESS OF SPIRIT	05/06/2023	2PM	26/06/2023	AUL	4
FASHION STYLING	07/06/2023	10AM	28/06/2023	AUL	4
BOOK UP!	09/06/2023	10AM	16/06/2023	AUL	2
MINDFUL ART DOODLING	14/06/2023	10AM	28/06/2023	AUL	3
READING FOR HEALTH	19/06/2023	2PM	24/07/2023	AUL	6
NO WORRIES	23/06/2023	10AM	23/06/2023	AUL	1
CURTAINS TO SLEEPLESS NIGHTS	27/06/2023	10AM	04/07/2023	AUL	2
MENOPAUSE COURSE	27/06/2023	2PM	04/07/2023	AUL	2
LIVING LIFE TO THE FULL	28/06/2023	2PM	02/08/2023	AUL	6
GET MENTAL HEALTH AWARE	29/06/2023	10AM	29/06/2023	AUL	1
LOSS AND BEREAVEMENT	29/06/2023	2PM	13/07/2023	AUL	3
THIS IS MY MOMENT	30/06/2023	10AM	30/06/2023	STO	1
TIME TO SHINE	30/06/2023	10AM	07/07/2023	AUL	2
GET MENTAL HEALTH AWARE	30/06/2023	2PM	30/06/2023	STO	1
JOURNALING	05/07/2023	10AM	26/07/2023	AUL	4
COOL IT!	05/07/2023	10AM	09/08/2023	AUL	6
PREPARING TO VOLUNTEER	06/07/2023	10AM	06/07/2023	AUL	1
THIS IS MY MOMENT	11/07/2023	10AM	11/07/2023	AUL	1
LOOKING AFTER ME, LOOKING AFTER YOU	14/07/2023	10AM	04/08/2023	AUL	4
COPING WITH CHANGE	14/07/2023	10AM	04/08/2023	STO	4
LIVING WELL WITH PSYCHOSIS	14/07/2023	2PM	04/08/2023	STO	4
THIS IS MY MOMENT	17/07/2023	10AM	17/07/2023	BURY	1
PREPARING FOR YOUR FUTURE	17/07/2023	2PM	07/08/2023	BURY	4
HEALTHY RELATIONSHIPS	20/07/2023	2PM	10/08/2023	AUL	4
ACTING UP	20/07/2023	10AM	10/08/2023	AUL	4
LOSS AND BEREAVEMENT	24/07/2023	10AM	07/08/2023	BURY	3
TIME TO SHINE	25/07/2023	10AM	01/08/2023	AUL	2
FIVE WAYS TO WELLBEING	01/08/2023	2PM	01/08/2023	AUL	1
NO WORRIES	08/08/2023	10AM	08/08/2023	AUL	1
FIVE WAYS TO WELLBEING	11/08/2023	10AM	11/08/2023	STO	1
THIS IS MY MOMENT	11/08/2023	10AM	11/08/2023	AUL	1
NO WORRIES	11/08/2023	2PM	11/08/2023	STO	1