

Time Table

Beginning Week Commencing April 15th

Monday	Tuesday	Thursday
<p>Craft & Coffee 10am-4pm</p>	<p>Diamond Art 10am-12pm</p>	<p>Craft & Coffee 10am-4pm</p>
	<p>Holistic Sessions 1pm-3pm Booking Required</p>	

Everyone you meet is
fighting a battle
you know nothing about.
Be kind. Always.



Be the one who makes others
feel included



It only takes a split second to
smile and forget,
yet to someone that needed it,
it can last a lifetime



In a world where so many are
throwing bricks on others, be
the one who builds bridges
with them.



This timetable is for holistic groups only. If you require a 1:1 or a specific structured group please call the centre to book or speak to your specific support worker. To access Gateway4Women Carlisle you must have had a registration appointment. All groups, courses, registrations, salon appointments and 1:1's must be booked prior unless stated above

Please note if you are more than 15 minutes late for your group you will not be able to join the group unless ringing reception prior to arrival.