**Personal Focus Online Programmes Timetable at Alert Level 2**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM** | **Q & A Time**  *Come along and ask us about Community Participation Service or Group Programmes*  11am - 12pm  Access via **Microsoft Teams App** | **Coping Skills - Facing Uncertainty**  *Workshop -3 sessions* 10:30am-11:45am  **Microsoft Teams App**  **-Awaiting Participants-**  Facilitator April | **Journaling Workshop** *Expression through Writing* One-off workshop  10:30 - 11:30am Access via  **Microsoft Teams App** Facilitator: David |  | **Quiz Time**  *Fun Competition*  9:30 -10:30am  Access via  **Microsoft Teams App**  Facilitator: Silver |
| **PM** | **Exploring Self-Confidence Workshop**  *Workshop -4 sessions*  1:30pm-2:20pm  **Microsoft Teams App**  **-Awaiting Participants-**  Facilitator: Ming  **Makeup Programme**  **Zoom**: 2:30-4:00 pm  Facilitator: Daryl  **-Awaiting Participants-** |  | **Yoga Corner**  *Stretch and Revitalise*  2:15-3pm  **Zoom**  Facilitator: Megan | **Art Education** *Expression through Art*  2:30-3:30pm  Access via  **Zoom**  Facilitator: Daryl | **Self-care Programme**  *Tips and Tricks – Looking After You* 2:30-3:30pm  Access via  **Zoom**  Facilitator: Daryl |
| If you would like to join any of these groups please contact our Programme Administrator, Naga for more information on **8155113 or** [**pf.admin@ember.org.nz**](mailto:pf.admin@ember.org.nz) You will need access to the internet and download the Microsoft Teams App and/or and Zoom App to attend these groups. Coming soon – phone call access to Zoom groups – no internet needed. This timetable will be updated as new programmes are developed, make sure you check back each week or let one of the facilitators know you’d like to be kept up-to-date. | | |