

# COMMUNITY CONNECT TIMETABLE

## TUESDAY

### Managing Anxiety 10:00 - 11:30

Tips/techniques to help manage anxiety, deal with stress and develop coping mechanisms in a fun and gentle manner.

### ESOL Pre-Beginners 10:00 - 12:00

English lessons for speakers of other languages.

### Craft & Stitch 10:00 - 12:00

A session for women, using crafts and fabrics to make new creations.

### Free Community Lunch 12:00 - 12:30

For all our Lighthouse Community.

### Men's Games 12:30 - 13:30

A chilled social activity with a range of active games/board games to connect with others.

### Singing for Wellbeing 12:30 - 13:30

Boost your wellbeing with a communal sing. All voices welcome.

### ESOL-entry level 3 (GESE) 12:30 - 14:30

English lessons for speakers of other languages.

### Drama Improv 13:30 - 14:30

A session to build confidence, reduce stress and encourage fun and laughter.

### Music/Story Time 13:30 - 14:30

A happy creative hour of stories, music and songs for your little ones to enjoy (0 to 3 yrs).

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## WEDNESDAY

### Cooking for Wellbeing 10:00 - 12:00

A social relaxed session to cook a new recipe together each week.

### ESOL Beginners 10:00 - 12:00

English lessons for speakers of other languages.

### Tot Art 11:00 - 12:00

A fun artist-led session for creativity and a bonding for you and your little one (0 to 3yrs)

### Free Community Lunch 12:00 - 12:30

For all our Lighthouse Community

### Create Art 12:30 - 14:00

A session to introduce you to different types of art/craft from across world. Held in our café area and encourages creativity and conversation.

### Bliss Pantry 12:00 - 14:00

Subsidised Community Food Pantry.

### Relaxation 14:15 - 14:45

A session to relax and de-stress through a mindful meditation exercise, you deserve it.

ADULTS ONLY

EVERYONE

PARENTS/CARERS WITH CHILDREN

ADULTS  
(BABIES IN PRAMS WELCOME)

LIVERPOOL  
**lightHOUSE**  
working together to transform communities  
COMMUNITY

# COMMUNITY CONNECT TIMETABLE

## THURSDAY

### ESOL-entry level 3 (GESE) 10:00 - 13:00

English lessons for speakers of other languages.

### Sew & Co 11:00 - 13:00

A practical and creative session to learn basic sewing techniques and recycle and up-cycle clothes and fabrics into new creations.

### Free Community Lunch 13:00 - 13:30

For all our Lighthouse Community

### Enjoy Music 13:30 - 14:30

A fun and chilled session listening to and discussing music, chosen by you, in our theatre space.

## COMING SOON

### Mum and Baby - Move and Relax

### Performance Group (advanced)

### Write to Work led by "Writing on the Wall"

6 wk course starting Wed 9th Nov 2022

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