



Steve Morgan
FOUNDATION



HALO
HELP AND LISTENING ONLINE

Join in with our **FREE** online activities this January!

Mellow Monday	Taster Tuesday!	Wellbeing Wednesday
<p>3rd Jan. 9.30am -10.15am Morning Relaxation Video on ABF Facebook Page</p>	<p>4th Jan. 4.30pm ABF Services Update Video on ABF Facebook Page</p>	<p>5th Jan. 1pm – 2pm Art Group Zoom ID: 974 5570 4215 Passcode: 424810</p>
<p>10th Jan. 9.30am -10.15am Morning Relaxation Zoom ID: 932 8018 7930 Passcode: 161737</p>	<p>11th Jan. 4.30pm Goal Setting Video Video on ABF Facebook Page</p>	<p>12th Jan. 1pm – 2pm Games! Zoom ID: 974 5570 4215 Passcode: 424810</p>
<p>17th Jan. 9.30am -10.15am Morning Relaxation Zoom ID: 932 8018 7930 Passcode: 161737</p>	<p>18th Jan. 4.30pm - 5.30pm Goal Setting Group Zoom ID: 975 4210 0001 Passcode: 198428</p>	<p>19th Jan. 1pm - 2pm Art Group Zoom ID: 974 5570 4215 Passcode: 424810</p>
<p>24th Jan. 9.30am -10.15am Morning Relaxation Zoom ID: 932 8018 7930 Passcode: 161737</p>	<p>25th Jan. 4.30pm – 5.30pm Exploring Poetry Zoom ID: 975 4210 0001 Passcode: 198428</p>	<p>26th Jan. 1pm - 2pm Quiz Zoom ID: 974 5570 4215 Passcode: 424810</p>
<p>31st Jan. 9.30am -10.15am Morning Relaxation Zoom ID: 932 8018 7930 Passcode: 161737</p>		