

WOMENtalk

WOMENtalk is a weekly group session, designed to bring women **together** to provide support and improve their mental health and well-being. Delivered by SBitC's mental health team and professional sports coaches.

MONDAY:
AT7 Centre,
COVENTRY, CV6 7GP:
12:00 – 14:00pm

WEDNESDAY:
Jubilee Sports Centre,
NUNEATON, CV10 7EZ:
10:00 – 12:00pm

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MENTalk

MENTalk is a weekly group session, designed to bring men together to improve their wellbeing. Delivered by mental health specialists, professional sports coaches and expert activity instructors

MONDAY:
Bluecoat School Sports Hall,
COVENTRY, CV1 2BA:
18:00 – 20:00pm

THURSDAY:
Moat House Leisure Centre,
COVENTRY, CV2 1EA:
12:00 – 14:00pm

TUESDAY:
St Nicholas Park,
WARWICK, CV34 4QY:
12:00 – 14:00pm

FRIDAY:
Jubilee Sports Centre,
NUNEATON, CV10 7EZ:
12:30 – 14:30pm

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DEMENTIA active

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FREE WEEKLY SOCIAL SESSION FOR ANYONE LIVING WITH MEMORY LOSS OR DEMENTIA AND THEIR CARERS

MONDAYS:
AT7 Centre,
COVENTRY, CV6 7GP:
10:00am – 12:00pm

MONDAYS:
Jubilee Sports Centre,
NUNEATON, CV10 7EZ:
14:30 – 16:30pm

FRIDAYS:
St Nicolas Park Leisure Centre,
WARWICK, CV34 4QY:
10:00 – 11:30am

