

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Adult Walking Group, 10:30 - 11:30 am (DROP IN)	2
3	4	5	6 Adult Bereavement Group, 5:30 - 7 pm (FULL)	7	8	9
10	11	12	13 Adult Bereavement Group, 5:30 - 7 pm (FULL)	14	15 Adult Walking Group, 10:30 - 11:30 am (DROP IN)	16
17	18	19	20	21	22	23
24/31	25	26 Adult Expressive Bereavement Arts Group, 5 - 6:30 pm (VIRTUAL DROP IN)	27 Adult Book Group, 5:30 - 7 pm (VIRTUAL DROP IN)	28	29	30

The Adult Walking Group will be meeting at Child's Park, Northampton