Clevedon Mixed Group Timetable

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| January | 9th | Planning Session |
|  | 16th | Communication and assertiveness |
|  | 23rd | Self esteem |
|  | 30th | Fear of failure |
| February | 6th | Sitting with emotions |
|  | 13th | Relationships |
|  | 20th | Depression |
|  | 27th | Emotional coping skills |
| March | 5th | Letting go and coping with loss |
|   | 12th | Catastrophizing |
|  | 19th | Tree of life |
|  | 26th | Saying no |

Any other suggestions?

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