Weston Women’s Group Ideas

|  |  |  |
| --- | --- | --- |
| January | 3rd | Planning Session |
|  | 10th | Wellness goals for 2020 | Dobble or alternative card game |
|  | 17th | Walk, talk and coffee |
|  | 24th | DBT Skills – overview and an introduction to ‘Wise Mind’ | Jenga (with mindfulness) |
|  | 31st | Self defence + discussion on feeling vulnerable in the community |
| February | 7th | Documentary (TBC – suggestions welcome) and discussion |
|  | 14th | DBT Skills – Distress Tolerance (self soothe) | Making bath salts / lavender pouches |
|  | 21st | Walk, talk and coffee |
|  | 28th | DBT Skills – Distress Tolerance (improve the moment) | Cress heads |
| March | 6th | Tree of Life discussion | Creating a tree of life |
|  | 14th | Food session (details TBC) |
|  | 21st | DBT Skills – Using music with skills | Music Quiz |
|  | 28th | Walk, talk and coffee |