

Kintsugi Hope Wellbeing Group Spring/Summer Term 2024

Spring Term 2024

Wednesday 6th March 2024 – Honesty (Week 1)

Wednesday 13th March 2024 – Anxiety (Week 2)

Wednesday 20th March 2024 – Depression (Week 3)

Wednesday 10th April 2024 – Shame (Week 4)

Summer Term 2024

Wednesday 17th April 2024 – Anger (Week 5)

Wednesday 24th April 2024 – Disappointment & Loss (Week 6)

Wednesday 1st May 2024 – Perfectionism (Week 7)

Wednesday 8th May 2024 – Forgiveness (Week 8)

Wednesday 5th June 2024 – Self-Acceptance (Week 9)

Wednesday 12th June 2024 – Healthy Relationships (Week 10)

Wednesday 19th June 2024 – Resilience (Week 11)

Wednesday 26th June 2024 – Reflection & Review (Week 12)