

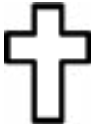



The Well – Weekly Timetable (FAMILIES)

	Activity	Focus	Who	Time	
<p>Mindful Monday</p> <p>Sign up</p>	Mindfulness Activities	<p>Starting Monday 1st August</p> <p>Rather than start your Monday running, drop into The Well for a chance to engage in an activity with others. Activities will vary each week and allow everyone to spend some time being present to build in incremental wellbeing.</p>	Families	2-2:45pm	
<p>Topic Tuesday</p> <p>Sign up</p>	Emotion Coaching with Natalie Daugherty	<p>26 July – Introduction to Emotion Coaching – including the four different parenting styles and what is Meta Emotion Philosophy</p> <p>2 August – Step one and two of emotion coaching (Awareness and Leaning in/Connecting)- with a focus on sadness</p> <p>9 August – Step three and four of emotion coaching (Validating emotions and Empathy)- with a focus on anxiety and fear</p> <p>16 August – Step five (Problem solving / setting limits)- with a focus on anger</p> <p>23 August – Conflict Resolution/Healthy Boundaries</p>		8.30-9.30am	
<p>Worship Wednesday</p>	Worship Wednesday	Community Worship	All welcome	7:45-8am	
<p>Thankful Thursday</p> <p>Sign up</p>	Community Forums	<p>Come and meet with the executive to hear future initiatives for the College and provide feedback on ideas of interest.</p> <p>11 August 2-2:45pm</p> <p>25 August 2-2:45pm</p> <p>1 September 8.30-9.30am</p>	Families	<p>2-2:45pm</p> <p>2-2:45pm</p> <p>8.30-9.30am</p>	
<p>Friendship Friday</p>	Well Connected		Families	Coming soon	