Online Support Schedule

Monday

9:00-9:20
Mindfulness Monday Morning

with Clair, Mindfulness Practitioner and Specialist Support Officer

11:00-12:00
Art Workshops

with Lorna Collins a great recovery spokesperson who is running creative art workshops in collaboration with First Steps

Tuesday

18:00-19:00
Eating Disorders in Student Services (EDISS) Group

This is a continued support we offer for students in higher education struggling with eating difficulties

19:00
Live Stream Mindfulness sessions

with Clair via Facebook and Instagram

Wednesday

16:00-17:00
Feeling Good Wednesday!

with Sam, our Specialist Support Officer

Themed session which will allow time for discussion.

Registration required.

Please contact: samr@firststepsed.co.uk

Thursday

15:00-15:30
Mental Health Training

with Maria, Training and Events Manager

18:45-19:45
ALTERNATIVE WEEKS

WEEK 1 Kundalini Yoga for anyone interested, facilitated by Racheal
Please contact for more details lisa@firststepsed.co.uk

WEEK 2 All Ages group for new and existing service users with eating difficulties facilitated by Lisa, trained nurse and training facilitator

Friday

11:00-12:00
Art Workshop

with Lorna Collins a great recovery spokesperson who is running creative art workshops in collaboration with First Steps

14:00-14:30
Stress Free Friday

with Ria, Chantay and Marta, our amazing volunteers who will bring some positivity, self-care and useful distractions to reduce your stress levels

ChatED

Live Chat Support via Facebook available Monday-Friday
9-10, 12-13, 15-16
@firststepsedchated

Saturday

11:00-12:00
Start the Weekend Right

with Judith and Diljit, our fabulous volunteers, who run this group to support your general wellbeing, discuss different topics and bring some optimism to your coming weekend. Registration required. Please contact: rose@firststepsed.co.uk

All of the groups are free to attend and most of them are open to EVERYONE! To attend the sessions please click on the Zoom links posted on our social media or email us at info@firststepsed.co.uk for more information