

FUTURES (16+) ACTIVITIES JULY 2022

MON 4TH	1 - 2 PM	WellBeing Group I heart 18+ @CASPA Cafe
	2 - 3 PM	WellBeing 1:1 Appointments @CASPA Cafe
	3 - 4:30 PM	Personal Training 18+ @Norman Park
	5:15 - 7 PM	Monday Club 16-21 @Bromley College
	7:15 - 9 PM	Monday Club 22+ @Bromley College

TUE 5TH	10AM-12PM	Walk & Talk 18+ @Norman Park
	6-8 PM	Pryzm Ages 14+ @CASPA Cafe

WED 6TH	1-3PM	Learn to Sign 18+ @CASPA Cafe
	6:30-7:30PM	Among Us 11+ Zoom

THU 7TH	7 - 8:30 PM	Late & Self Diagnosis Group 12+ Zoom
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FRI 8TH		
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SAT 9TH	10-11:30 AM	Drama 13+ @Bromley Little Theatre
	12-1PM	Football ages 5+ @Bromley FC

SUN 10TH		
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FUTURES (16+) ACTIVITIES JULY 2022**MON
11TH****1 - 2 PM
2 - 3 PM
3 - 4:30 PM
5:15 - 7 PM
7:15 - 9 PM****WellBeing Group I heart 18+ @CASPA Cafe
WellBeing 1:1 Appointments @CASPA Cafe
Personal Training 18+ @Norman Park
Monday Club 16-21 @Bromley College
Monday Club 22+ @Bromley College****TUE
12TH****10AM-12PM
6-8PM****Walk & Talk 18+ @Norman Park
Pryzm Ages 14+ @CASPA Cafe****WED
13TH****1-3PM****Learn to Sign 18+ @CASPA Cafe****THU
14TH****6-7PM****Discussion Group 12+ Cooking Zoom****FRI
15TH****SAT
16TH****10-11:30 AM
12-1PM
12-3PM****Drama 13+ @Bromley Little Theatre
Football ages 5+ @Bromley FC
Picnic/Dolly's Donuts 16+ @Jubilee Park****SUN
17TH**

FUTURES (16+) ACTIVITIES JULY 2022**MON
18TH****1 - 2 PM
2 - 3 PM
3 - 4:30 PM
5:15 - 7 PM
7:15 - 9 PM****WellBeing Group I heart 18+ @CASPA Cafe
WellBeing 1:1 Appointments @CASPA Cafe
Personal Training 18+ @Norman Park
Monday Club 16-21 @Bromley College
Monday Club 22+ @Bromley College****TUE
19TH****10AM-12PM
6-8PM****Walk & Talk 18+ @Norman Park
Pryzm Ages 14+ @CASPA Cafe****WED
20TH****THU
21ST****FRI
22ND****SAT
23RD****12-1PM
5-6:30PM****Football ages 5+ @Bromley FC
CASPA Masked Singer (Book via
Eventbrite)****SUN
24TH**