



## Future Living Hertford's Programme for 2022

Programme, course or event.	Dates and Times
<p><b>Monica Programme</b> A free to access, 12-week Domestic Abuse recovery and empowerment for women.</p>	<p><b>Thursday 13<sup>th</sup> January – 7<sup>th</sup> April 2022</b> 10:00 – 12:00 (With a break for half term) <b>Thursday 28<sup>th</sup> April – 21<sup>st</sup> July 2022</b> 10:00 – 12:00 (with a break for half term) <b>Thursday 8<sup>th</sup> September – 30<sup>th</sup> November</b> 10:00 – 12:00 (with a break for half term)</p>
<p><b>Wise Guys</b> A free to access, 12-week Domestic Abuse recovery and empowerment for men.</p>	<p><b>This will be provided based on demand.</b></p>
<p><b>Craft Group</b> A group for crafting, quilting and making friends.</p>	<p>Every <b>Friday</b> starting 28<sup>th</sup> January 2022 10:00 – 12:00</p>
<p><b>Therapeutic Arts</b> A safe space to explore your feelings and creativity through a range of expressive mediums.</p>	<p><b>Tuesday 22<sup>nd</sup> February – 5<sup>th</sup> April</b> 10:15 – 12:15 (7 week) <b>Tuesday 26<sup>th</sup> April – 5<sup>th</sup> July</b> 10:15 – 12:15 (12 week with break for half term) <b>Wednesday 13<sup>th</sup> September – 7<sup>th</sup> December</b> 10:15 – 12:15 (12 Weeks with break for half term)</p>
<p><b>Daring to Parent (D2P)</b> An in-house programme designed to help parents who are struggling with children behaviour.</p>	<p><b>Wednesday 23<sup>rd</sup> February – 30<sup>th</sup> March</b> 10:15 – 12:15 (6 weeks) <b>Wednesday 11<sup>th</sup> May – 21<sup>st</sup> June</b> 10:15 – 12:15 (6 weeks with break for half term) <b>Tuesday 12<sup>th</sup> September – 18<sup>th</sup> August</b> 10:15 – 12:15 (6 weeks)</p>
<p><b>Affordable Counselling</b> One to one, personal counselling for all client groups covering a wide range of needs.</p>	<p><b>Weekdays</b> <b>Monday – Thursday - 09:00 – 15:00</b> <b>Friday - 09:00 – 13:00</b></p>
<p><b>The Base</b> A range of play, creative arts and talking therapies for children aged 5 to 17</p>	<p><b>Weekdays</b> Please contact us through the details below for more information.</p>
<p><b>Young Herts Healthy Relationships Programme</b> A series of experiential workshops with Year 6 students demonstrating what healthy relationships may look like and how to recognise signs of abuse.</p>	<p><b>This is available to take place in schools throughout the area.</b></p>
<p><b>Sugar Foot Boxing</b> A Free to access therapeutic boxing club for children and young people run at a local Hertford Secondary School</p>	<p><b>Please contact Future Living for information on dates, times and how to sign up.</b></p>
<p><b>Accredited Education – The Monica Programme</b> An accredited training programme in order to learn about, and how to deliver, the Monica Programme.</p>	<p>The next course is to begin on <b>Monday 21<sup>st</sup> February.</b></p>
<p><b>Addiction Recovery</b> One to one counselling with a focus on addiction recovery.</p>	<p><b>Please contact Future Living for information</b></p>
<p><b>Family Law Clinic</b> Free access service for clients to receive legal advice.</p>	<p><b>Please contact Future Living for information</b></p>

For further information: [www.futurelivinghertford.co.uk](http://www.futurelivinghertford.co.uk) Email: [info@futurelivinghertford.co.uk](mailto:info@futurelivinghertford.co.uk) Tel: 01992 537344

