

Opportunity TV

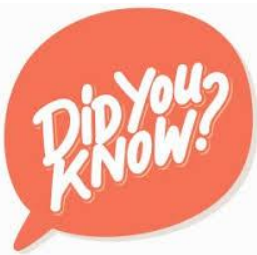
What's coming up?



Throughout the spring we will be continuing with our exciting Opportunity TV sessions. Join us from April 12th – Monday to Thursday at 3pm.

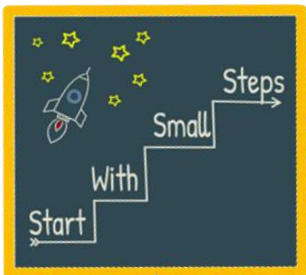
Monday 3pm

Fun facts/Quiz – In this interactive session each week we will explore a different subject through the world of fun facts in the form of a Quiz. If you would like to host a session then join us to find out more.



Tuesday 3pm

Life of opportunity – We will talk about what really is important to you and how you can achieve be in control of making your choices a reality.



Wednesday 3pm

Staying mentally well – Join Alex and Debbie for a catch up, a cuppa and some top tips to help you stay mentally well.



Wellbeing

Thursday 3pm

Creative crafting – Its time to get creative. Join Sarah and Gang for some creative inspiration that you can join in with. If you have a creative skill we would also love to hear from you so you can share your skills and talents!



To join these sessions just follow the below ZOOM link:

<http://bit.ly/cvt-cvtcommons2>

