

MIND IN MID HERTS

DAY	ACTIVITY	TIME	DATES	LOCATION
Monday	E2H Gym Session	10.00 - 13.00	On going	Stevenage
Monday	Creative Writing	11.00 - 13.00	On going	Stevenage
Monday	Computerised CBT	13.00 - 19.00	ongoing	Stevenage
Monday	E2H Gym Session	14.00 - 16.00	On going	Stevenage
Monday	Creative Writing	13.30- 14.30	Ongoing	St Albans
Monday	MoodMaster	14.00 - 15.00	Ongoing	Stevenage
Monday	Music group	14.30 - 15.30	On going	St Albans
Monday	Counselling	10.00 - 19.00	On going	St Albans
Monday	Befriending Group	16.00 - 18.00	Ongoing	St Albans
Tuesday	Growing Clearer Minds	10.00 - 12.00	Ongoing	Stevenage
Tuesday	Drop In	10.00 - 12.00	On going	WGC
Tuesday	E2H Gym Session	10.00 - 12.00	Ongoing	Stevenage
Tuesday	Informal art group	11.30 - 13.00	Ongoing	St Albans
Tuesday	Open Door	10.30 - 11.30	On going	Harpenden
Tuesday	Computer Club	11.00 - 15.00	On going	Hertford

Tuesday	MoodMaster	11.00 - 12.30	Ongoing	St Albans
Tuesday	Moving On (Con Build Grp)	11.00 - 13.00	ongoing -only open to people from course	Stevenage
Tuesday	Bowling	11.30 - 12.30	Ongoing	Stevenage
Tuesday	Befriending Group	12.30 -14.00	On going	St Albans
Tuesday	Computer Club	14.00 - 16.30	Ongoing	Hatfield
Tuesday	Counselling	13.00 - 17.00	Ongoing	Stevenage
Tuesday	OCD Sufferers Group	13.00 - 14.30	Monthly from 10.5.11	St Albans
Tuesday	E2H Gym Session	13.00 - 15.00		Stevenage
Tuesday	African Drumming	14.00 - 16.00	10 - 31 May 2011	Hertford
Tuesday	E2H Gym Session	14.00 - 16.00	Ongoing	Stevenage
Tuesday	Art Course	12.30 - 14.30	Starts 1st Feb. 11	Stevenage
Tuesday	Men's Group	18.00 - 20.00	On going	Hertford
Tuesday	OCD Sufferers Group	19.00 - 20.30	Ongoing	Stevenage
Wednesday	E3H Gym Session	10.00 - 12.00		Stevenage
Wednesday	Drop in	13.00 - 15.00	On going	Stevenage
Wednesday	Art group	13.00 - 14.30	Ongoing	St Albans
Wednesday	E2H Gym Session	13.00 - 15.00		Stevenage
Wednesday	Music group	14.00 - 15.00		Hertford
Wednesday	Art course	14.30 - 16.30	Starts 9th Feb 11	Hertford
Wednesday	Drop-in and Craft Group	13.00 - 15.00	On going	Hertford
Wednesday	Computer Club	14.00 - 16.30	On going	Welwyn Garden City
Wednesday	Complementary Therapies	16.00 - 18.00		Hertford

Wednesday	OCD Carers Group	19.00 - 20.30	Fortnightly	Stevenage
wednesday	Group work/courses	16.00 - 18.00	ongoing	Hertford
Thursday	Counselling	10.00 - 18.30	On going	St Albans
Thursday	Counselling	9.30 - 13.30	On going	Stevenage
Thursday	E2H Gym Session	10.00 - 12.00		Stevenage
Thursday	Befriending Group	10.30 - 12.00	On going	St Albans
Thursday	Moodmaster	11.00 - 12.30	On going	Hertford
Thursday	Counselling & cCBT	11.00 - 15.00	On going	Hertford
Thursday	Badminton	11.30 - 12.30	Ongoing	Stevenage
Thursday	OCD Carers Group	13.00 - 14.30	Monthly from 9/9/10	Stevenage
Thursday	Growing Clearer Minds	13.30 - 15.30	Ongoing	Stevenage
Thursday	cCBT	13.00 - 16.00		Hertford
Thursday	E2H Gym Session	14.00 - 16.00	Ongoing	Stevenage
Thursday	Computer Club	14.00 - 16.30	On going	Welwyn Garden City
Thursday	OCD Carers Group	19.00- 20.30	Monthly from 5/5/11	St Albans
Thursday	OCD Sufferers Group	19.00 - 20.30	Monthly from 26/5/11	St Albans
Thursday	Shape Your Mind	18.45 - 20.00	On going	Hertford
Friday	Health Walk	10.30 - 13.00	Ongoing	Stevenage
Friday	Art Group	10.30 - 12.30	On going	St Albans
Friday	Computerised CBT	13.30 - 15.30	Ongoing	Welwyn Garden City

Friday	E2H Gym Session	14.00 - 16.00	On going	Stevenage
Saturday	Counselling	9.30 -13.00	On going	Stevenage
Saturday	Befriending Group	10.30 -12.30	On going	St Albans
Saturday	Drop In	11.00 -13.00	On going	Stevenage
Saturday	Computerised CBT	13.30 - 15.30	Ongoing	Welwyn Garden City
Sunday	Drop In	12.00 -15.00	On going	Letchworth Mind Group