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|  | **AM** | **PM** |
| **MONDAY** | **CLOSED** | **CLOSED** |
| **TUESDAY** | **Art relaxation**  10.30-12.00 | **Young person’s support group**  1pm- 2.30 |
| **WEDNESDAY** | **SELE FARM**  **6 week courses on ways to support your health and wellebing** | **Drop in**  (including art & craft, peer support, one to one support, use the computers and play Wii karaoke)  12.30- 3.30 |
| **THURSDAY** | **Citizen advice**  10am- 4pm by appointment.  **Wellbeing group**  10.30- 12pm | **Life skills courses** 1.30pm- 3.00 by appointment  **Walking group**  2.00pm- 3.00pm  **Café group**  3.00- 4.00pm at Mudlarks café. |
| **FRIDAY** | **CLOSED** | **CLOSED** |

* All other activities £2.00 per session except Life skills courses which are 6 week courses for £20.00
* Other services include key working, signposting and computer/internet facilities.
* For further information on the Personality Disorder Support Group for carers, family and friends please contact Nicky Kuklys on 01438 369 216 or nicky.kuklys@mindinmidherts.org.uk

**Please inform the Project Officer of your attendance beforehand**

Programme subject to change, please ring to confirm activities are taking place on

**01992 584387**.

**The Hertford resource Centre, The seed warehouse, The wash, Hertford, SG14 1PX.**