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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.**