**Social Support timetable (January 2019) Mind in Mid Herts Stevenage**

**(Please contact the office on 01438 369216 before attending any groups)**

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| **DAY** | **MORNING** | **AFTERNOON** | **EVENING** |
| **MONDAY** | **Peer Support Group** **10:30-12:00****Creative Writing****11:00-12:00** | **Wellbeing Recovery****2:00-3:30** |  |
| **TUESDAY** | **Life Skills £20 Service charge****(As advertised)** **10:30-12:00** | **Enrich your life****1:30 – 3:00** | **Young Persons Group TBC****Carer’s Group – 2nd Tuesday of the Month****6:00-7:30****LGBT – Last Tuesday of the Month** **4:00-7:00** |
| **WEDNESDAY** | **OPEN DAY - £2 for the whole day****10:00-4.00****Teas & Coffees, meet and greet****-Arts & Crafts****-Activities in the main room including board games, word searches, therapy colouring sheets****-Afternoon quiz @ 2:00** |
| **THURSDAY** | **Arts and Crafts****10:30-12:00** | **Women’s Group****12:30-2:00** | **Men’s Group****2:15-3:45** |
| **FRIDAY** | **No Sessions**  |

**There is a £2 service charge for each session.**

**Please do not attend any group sessions without prior agreement with the Project Officers.**

**Counselling available by appointments only. MIND IN MID HERTS WILL BE CLOSED ON PUBLIC HOLIDAYS**