**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**