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| --- | --- | --- | --- |
|  | **AM** | **PM** | **Evening** |
| **MONDAY** | **Craft Group**  10.30 - 11.30 | **Walking Group**  12 - 1  **Peer Support Group**  2 – 3.30 | **Post DBT group**  6pm (every second Monday of the month) |
| **TUESDAY** | **CLOSED** | **CLOSED** |  |
| **WEDNESDAY** | **Wellbeing Support Group**  11.30 - 1 | **Life Skills**  2 - 3.30  **Computer Club**  2 - 4.30 | **Personality Disorder Support Group for carers, families, friends**. 6-8pm (Every first Wednesday of the month) |
| **THURSDAY** | **CLOSED** | **CLOSED** |  |
| **FRIDAY** | **Appointments only** | **Appointments only** |  |

* Computer club is £1.50 per session
* All other activities £2.00 per session except Life skills\* courses which are £20.00 for 6 week course
* Walking Group is fully funded so there is no charge; we meet at the Campus West main entrance
* 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