

Mind in Harrogate District Virtual Programme for January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
4th Jan 11.30 – 12.30 : Coffee and Conversation with Leah 2.00 – 3.00 : Women's Group with Leah	5th Counselling *	6th 11 – 12 : Arts & Crafts with Sue 12.30 – 1 : Relaxation with Sue	7th Counselling *	8th 2.00 – 3.00 : Coffee and Conversation with Leah	9th & 10th Out of hours service 7.30 to 11.30 pm 01423 647216
11th 11.30 – 12.30 : Coffee and Conversation with Leah 2.00 – 3.00 : Women's Group with Leah	12th Counselling *	13th 11 – 12 : Arts & Crafts with Sue 12.30 – 1 : Relaxation with Sue	14th Counselling *	15th 11.30 – 12 : Mindfulness with Leah 2.00 – 3.00 : Coffee and Conversation with Leah	16th & 17th Out of hours service 7.30 to 11.30 pm 01423 647216
18th 11.30 – 12.30 : Coffee and Conversation with Leah 2.00 – 3.00 : Women's Group with Leah	19th Counselling *	20th 11 – 12 : Arts & Crafts with Sue 12.30 – 1 : Relaxation with Sue	21st Counselling *	22nd 11.30 – 12 : Mindfulness with Leah 2.00 – 3.00 : Coffee and Conversation with Leah	23rd & 24th Out of hours service 7.30 to 11.30 pm 01423 647216
25th 11.30 – 12.30 : Coffee and Conversation with Leah 2.00 – 3.00 : Women's Group with Leah	26th Counselling *	27th 11 – 12 : Arts & Crafts with Leah 12.30 – 1 : Relaxation with Leah	28th Counselling *	29th 11.30 – 12 : Mindfulness with Leah 2.00 – 3.00 : Coffee and Conversation with Leah	30th & 31st Out of hours service 7.30 to 11.30 pm 01423 647216

*Counselling sessions are available on a face to face basis but can also be conducted via phone or Zoom, please contact us for any further information.

All activity sessions will be conducted via Zoom in line with current Covid-19 regulations until further notice.

You must register with Mind in Harrogate District to join any of these activities. Call 01423 503335 or email office@mindinharrogate.org.uk to register.