

# Mind in Harrogate District

## Opening Hours

**Harrogate:** The Acorn Centre, 101a Station Parade Harrogate HG1 1HB

Monday	Open Mind 1 - 7pm Music Group 3 - 4.30pm Evening Meal 5pm
Tuesday	Craft Group 11 - 3pm
Wednesday	Art 10.30 - 12.30pm Open Mind 12 - 6pm Employment & Training Support 11 - 1pm Mindfulness Colouring 2 - 3pm Mind Community Choir 3 - 4pm
Thursday	Community Breakfast 10 - 1pm Living Well 1 - 3pm Hearing Voices Group 1.30 - 3pm
Friday	Computers for All 11 - 2pm Open Mind 2 - 5pm
Saturday	Monthly Open Mind 1 - 4pm
Bank Holidays	Open Mind 1 - 4pm

(next to Waitrose Supermarket)

**Ripon:** Ripon Cathedral Hall, High Street, St Agnesgate, Ripon HG4 1QR

Wednesday	Open Mind 10 - 1pm
-----------	--------------------

**Ripon:** Ripon Library, The Arcade, Ripon HG4 1AG

Friday	Mind Information & Advice Service 10 - 12pm Tea Club 12 - 1pm
--------	--

If you require any further information please contact us on 01423 503335 or

email: [office@mindinharrogate.org.uk](mailto:office@mindinharrogate.org.uk)

website: [www.mindinharrogate.org.uk](http://www.mindinharrogate.org.uk)

Registered Charity No: 1151271