

## Mind in Harrogate District Programme for April 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>28<sup>th</sup></b> 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group	<b>29<sup>th</sup></b> Counselling	<b>30<sup>th</sup></b> 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women's Group Outreach: Masham	<b>31<sup>st</sup></b> Counselling  Outreach: Boroughbridge	<b>1<sup>st</sup> April</b> 10.30 - 12.30 : Men's Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00 : Friday Get Together  Outreach: Ripon	<b>2<sup>nd</sup> &amp; 3<sup>rd</sup></b>
<b>4<sup>th</sup></b> 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group	<b>5<sup>th</sup></b> Counselling  Outreach: Pateley Bridge	<b>6<sup>th</sup></b> 10.00 –12.30: Arts & Crafts Group Activity - Spring Project 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women's Group  Outreach: Masham	<b>7<sup>th</sup></b> Counselling 11.00 -1.00: Allotment Group  Outreach: Boroughbridge	<b>8<sup>th</sup></b> 10.30 - 12.30: Men's Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00: Friday Get Together  Outreach: Ripon	<b>9<sup>th</sup> &amp; 10<sup>th</sup></b>
<b>11<sup>th</sup></b> 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group	<b>12<sup>th</sup></b> Counselling  Outreach: Pateley Bridge	<b>13<sup>th</sup></b> 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women's Group  Outreach: Masham	<b>14<sup>th</sup></b> Counselling 11.00 -1.00: Allotment Group  Outreach: Boroughbridge	<b>15<sup>th</sup> Good Friday</b>  Centre open to receive calls from 8.30am to 5pm	<b>16<sup>th</sup> &amp; 17<sup>th</sup></b>
<b>18<sup>th</sup> Easter Monday</b>  Centre open to receive calls from 8.30am to 5pm	<b>19<sup>th</sup></b> Counselling	<b>20<sup>th</sup></b> 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women's Group Outreach: Masham	<b>21<sup>st</sup></b> Counselling 11.00 -1.00: Allotment Group  Outreach: Boroughbridge	<b>22<sup>nd</sup></b> 10.30 - 12.30: Men's Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00: Friday Get Together	<b>23<sup>rd</sup> &amp; 24<sup>th</sup></b>
<b>25<sup>th</sup></b> 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group	<b>26<sup>th</sup></b> Counselling  Outreach: Pateley Bridge	<b>27<sup>th</sup></b> 10.00 – 12.30: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women's Group Outreach: Masham	<b>28<sup>th</sup></b> Counselling 11.00 -1.00: Allotment Group  Outreach: Boroughbridge	<b>29<sup>th</sup></b> 10.30 - 12.30 : Men's Group 11.30 – 12: Mindfulness (Zoom) 1.30 – 4.00 : Friday Get Together  Outreach: Ripon	<b>30<sup>th</sup> &amp; 1<sup>st</sup> May</b>

**Activities are available face to face at The Acorn Centre or via Zoom. You must book in advance.**

**You must register with Mind in Harrogate District to join any of these activities. Call 01423 503335 or email [office@mindinharrogate.org.uk](mailto:office@mindinharrogate.org.uk) to register.**

**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.**