

Mind in Harrogate District Programme for December - including face to face and virtual sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
30th Nov 11.30 – 12.30 : Coffee and Conversation with Leah 2.00 – 3.00 : Women’s Group with Leah	1st Dec Counselling *	2nd 11 – 12 : Arts & Crafts with Sue 12.30 – 1 : Relaxation with Sue 2.30 – 3.30 : Living well during COVID with Esther	3rd Counselling *	4th 11.30 – 12.30 : Singing with Steve & Co 2.00 – 3.00 : Coffee and Conversation with Leah*	5th & 6th Out of hours service 7.30 to 11.30 pm * 01423 647216
7th 11.30 – 12.30 : Coffee and Conversation with Leah 2.00 – 3.00 : Women’s Group with Leah *	8th Counselling *	9th 11 – 12 : Arts & Crafts with Sue* 12.30 – 1 : Relaxation with Sue 2.30 – 3.30 : Living well during COVID with Esther	10th Counselling *	11th 11.30 – 12.30 : Singing with Steve & Co 2.00 – 3.00 : Coffee and Conversation with Leah*	12th & 13th Out of hours service 7.30 to 11.30 pm * 01423 647216
14th 11.30 – 12.30 : Coffee and Conversation with Leah 2.00 – 3.00 : Women’s Group with Leah *	15th Counselling *	16th 11 – 12 : Arts & Crafts with Sue* 12.30 – 1 : Relaxation with Sue 2.30 – 3.30 : Living well during COVID with Esther	17th Counselling *	18th 11.30 – 12.30 : Singing with Steve & Co 2.00 – 3.00 : Coffee and Conversation with Leah*	19th & 20th Out of hours service 7.30 to 11.30 pm * 01423 647216
21st 11.30 – 12.30 : Coffee and Conversation with Leah 2.00 – 3.00 : Women’s Group with Leah *	22nd Counselling *	23rd 11 – 12 : Arts & Crafts with Leah * 12.30 – 1 : Relaxation with Leah	24th Counselling *	25th Christmas Day - Closed	26th & 27th No service - Closed
28th 11.30 – 12.30: Coffee and Conversation with Leah 2.00 – 3.00 : Women’s Group with Leah *	29th Counselling *	30th Telephone support	31st Counselling * 11 – 12 : Arts & Crafts with Carrie 12.30 – 1 : Relaxation with Carrie	1st Jan New Years Day - Closed	2nd & 3rd Out of hours service 7.30 to 11.30 pm * 01423 647216

The Living Well Programme with Esther will be a rolling programme of hour long demonstrations and discussions around the following topics: healthy living and wellbeing, eating well - health snacks, health juices, Keeping active & maintaining a healthy weight and Money Management during Covid.

Activities marked with * are available face to face on a limited basis at The Acorn Centre.

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. **Face to Face services must be booked in advance and there are limited spaces available.**