




Mind in Harrogate District Programme for December 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
		1st 10 – 12: Arts & Crafts 11 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 12.30 – 1.15: Fun Drawing (Zoom) 2.30 – 4.00: Women’s Group	2nd Counselling 1.30 – 2.30: Understanding Mental Health: Managing Emotions (Zoom)	3rd 11 - 12.30: Men’s Group 11.30 – 12: Mindfulness (Zoom) 2.00 – 4.00: Friday Get Together	4th & 5th
6th 10 – 3pm Team Strategy Day	7th Counselling	8th 11 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.30 – 4.00: Women’s Group	9th Counselling	10th 11 - 12.30: Men’s Group 11.30 – 12: Mindfulness (Zoom) 2.00 – 4.00: Friday Get Together	11th & 12th
13th 12 – 2.00 Christmas party for Women’s Group & Music Group 2.30 – 4.00: Music Group - Carols	14th Counselling	15th 10 – 12: Arts & Crafts – Origami Snowflake (Group Activity) 11 – 1.00: Walking Group 12 – 2.00 Christmas party for Craft & Walking Group 2.30 – 4.00: Women’s Group	16th Counselling 1.30 – 2.30: Understanding Mental Health: Managing Emotions (Zoom)	17th 10.30 - 12.00 : Men’s Group 12 – 2.00 Christmas party for Men’s & Chat group 2.00 – 4.00 : Friday Get Together	18th & 19th
20th 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group - Carols	21st Counselling	22nd 10 – 12: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.30 – 4.00: Women’s Group	23rd Counselling 1.30 – 2.30: Understanding Mental Health: Managing Emotions (Zoom)	24th 11 - 12.30: Men’s Group 11.30 – 12: Mindfulness (Zoom) 2.00 – 4.00: Friday Get Together	25th & 26th
27th Open to receive calls 8.30am to 5pm	28th Open to receive calls 8.30am to 5pm	29th Open to receive calls 8.30am to 5pm	30th Open to receive calls 8.30am to 5pm 1.00 – 2.30pm Coffee & Conversation (Zoom)	31st Open to receive calls 8.30am to 5pm	1st & 2nd January Happy New Year!!

Activities are available face to face at The Acorn Centre or via Zoom. You must book in advance (by no more than 48hours) as there are limited spaces available.

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.

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.

