

Mind in Harrogate District Programme for January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
3rd Bank Holiday – Centre Closed	4th Counselling	5th 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women’s Group Outreach: Masham	6th Counselling 1.30 – 2.30: Understanding Mental Health Peer Support (Zoom) Outreach: Boroughbridge	7th 2.00 – 4.00: Friday Get Together Outreach: Ripon	8th & 9th
10th 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group	11th Counselling Outreach: Pateley Bridge	12th 10.00 – 12.30: Arts & Crafts – Magazine Collage (Group Activity) 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.00 – 4.00: Women’s Group Outreach: Masham	13th Counselling 1.30 – 2.30: Understanding Mental Health Peer Support (Zoom) Outreach: Boroughbridge	14th 10.30 - 12.30: Men’s Group 11.30 – 12: Mindfulness (Zoom) 1.00 – 4.00: Friday Get Together Outreach: Ripon	15th & 16th
17th 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group	18th Counselling Outreach: Pateley Bridge	19th 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	20th Counselling 1.30 – 2.30: Understanding Mental Health Peer Support (Zoom) Outreach: Boroughbridge	21st 10.30 - 12.30 : Men’s Group 11.30 – 12: Mindfulness (Zoom) 1.00 – 4.00 : Friday Get Together Outreach: Ripon	22nd & 23rd
24th 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group	25th Counselling Outreach: Pateley Bridge	26th 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	27th Counselling 1.30 – 2.30: Understanding Mental Health Peer (Zoom) Outreach: Boroughbridge	28th 10.30 - 12.30: Men’s Group 11.30 – 12: Mindfulness (Zoom) 1.00 – 4.00: Friday Get Together Outreach: Ripon	29th & 30th
31st 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group	1st February Counselling Outreach: Pateley Bridge	2nd 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	3rd Counselling 1.30 – 2.30: Understanding Mental Health Peer Support (Zoom) Outreach: Boroughbridge	4th 10.30 - 12.30: Men’s Group 11.30 – 12: Mindfulness (Zoom) 1.00 – 4.00: Friday Get Together Outreach: Ripon	5th & 6th

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.