

Mind in Harrogate District Virtual Programme for July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
			1 st Counselling * 1.30 – 2.30 : Understanding Mental Health: Managing Emotions	2 nd 11 - 12.30 : Men's Group * 11.30 – 12 : Mindfulness with Leah 2.00 – 4.00 : Friday Get Together*	3 rd & 4 th
5 th 1.30 – 3.30 : Allotment Group * 2.30 – 4.00 : Women's Group*	6 th Counselling * 11.30 – 1pm Outreach at Ripon Library	7 th 10 –12: Arts & Crafts –Tangled Origami Cranes with Sue (Group activity) * 11 – 1.00 : Walking Group * 11.30 – 12: Relaxation with Carrie 12.30 – 1.15: Fun Drawing & Painting with Sue (zoom only) 2.30 – 4 : Music Group *	8 th Counselling *	9 th 11 - 12.30 : Men's Group * 11.30 – 12: Mindfulness with Carrie 2.00 – 4.00 : Friday Get Together *	10 th & 11 th
12 th 1.00 – 2.00: Coffee and Conversation with Leah (Zoom) 1.30 – 3.30 : Allotment Group * 2.30 – 4.00 : Women's Group with Leah *	13 th Counselling * 11.30 – 1pm Outreach at Ripon Library	14 th 10 – 12 : Arts & Crafts with Sue * 11 – 1.00 : Walking Group * 11.30 – 12: Relaxation with Carrie 12.30 – 1.15: Fun Drawing & Painting with Sue (zoom only) 2.30 – 4 : Music Group *	15 th Counselling *	16 th 11 - 12.30 : Men's Group * 11.30 – 12: Mindfulness with Carrie 2.00 – 4.00 : Friday Get Together *	17 th & 18 th
19 th 1.00 – 2.00 : Coffee and Conversation with Leah (Zoom) 1.30 – 3.30 : Allotment Group * 2.30 – 4.00 : Women's Group with Leah *	20 th Counselling * 11.30 – 1pm Outreach at Ripon Library	21 st 10 – 12 : Arts & Crafts with Sue * 11 – 1.00 : Walking Group * 11.30 – 12 : Relaxation with Leah 12.30 – 1.15: Fun Drawing & Painting with Sue (zoom only) 2.30 – 4 : Music Group *	22 nd Counselling * 1.30 – 2.30 : Understanding Mental Health: Managing Emotions	23 rd 11 - 12.30 : Men's Group * 11.30 – 12 : Mindfulness with Leah 2.00 – 4.00 : Friday Get Together *	24 th & 25 th
26 th 1.00 – 2.00 : Coffee and Conversation with Leah (Zoom) 1.30 – 3.30 : Allotment Group * 2.30 – 4.00 : Women's Group with Leah *	27 th Counselling * 11.30 – 1pm Outreach at Ripon Library	28 th 10 – 12 : Arts & Crafts * 11 – 1.00 : Walking Group * 11.30 – 12 : Relaxation with Leah 2.30 – 4 : Music Group *	29 th Counselling * 1.30 – 2.30 : Understanding Mental Health: Managing Emotions	30 th 11 - 12.30 : Men's Group * 11.30 – 12 : Mindfulness with Leah 2.00 – 4.00 : Friday Get Together *	31 st & 1 st

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

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.

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 (by no more than 48hours) as there are limited spaces available.**