

Mind in Harrogate District Virtual Programme for March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
1st Feb 12.30 – 1.00 : Coffee and Conversation with Leah (Zoom) 2.00 – 3.00 : Women’s Group with Esther	2nd Counselling *	3rd 11 – 12 : Arts & Crafts with Sue 12.30 – 1 : Relaxation with Sue 2.00 – 3.00: Wellbeing with Esther (Healthy Snacks)	4th Counselling *	5th 11.30 – 12 : Mindfulness with Leah 2.00 – 3.00 : Coffee and Conversation with Leah	6th & 7th Out of hours service 7.30 to 11.30 pm 01423 647216
8th 12.30 – 1.00 : Coffee and Conversation with Leah (Zoom) 2.00 – 3.00 : Women’s Group with Leah *	9th Counselling *	10th 11 – 12 : Arts & Crafts with Sue * 12.30 – 1 : Relaxation with Sue 2.00 – 3.00: Wellbeing with Esther (Cooking Well For One)	11th Counselling *	12th 11.30 – 12 : Mindfulness with Leah 2.00 – 3.00 : Coffee and Conversation with Leah *	13th & 14th Out of hours service 7.30 to 11.30 pm 01423 647216
15th 12.30 – 1.00 : Coffee and Conversation with Leah (Zoom) 2.00 – 3.00 : Women’s Group with Leah *	16th Counselling *	17th 11 – 12 : Arts & Crafts with Sue * 12.30 – 1 : Relaxation with Sue 2.00 – 3.00: Wellbeing with Esther (Food & Mood)	18st Counselling *	19th 11.30 – 12 : Mindfulness with Carrie 2.00 – 3.00 : Coffee and Conversation with Nigel *	20th & 21st Out of hours service 7.30 to 11.30 pm 01423 647216
22nd 12.30 – 1.00 : Coffee and Conversation with Nigel (Zoom) 2.00 – 3.00 : Women’s Group with Esther – Live Cooking demo *	23rd Counselling *	24th 11 – 12 : Arts & Crafts with Sue * 12.30 – 1 : Relaxation with Sue 2.00 – 3.00: Wellbeing with Esther (Budgeting skills)	25th Counselling *	26th 11.00– 12.00 : Coffee and Conversation with Leah * (Please note time change this session only)	27th & 28th Out of hours service 7.30 to 11.30 pm 01423 647216
29th 12.30 – 1.00 : Coffee and Conversation with Leah (Zoom) 2.00 – 3.00 : Women’s Group with Leah *	30th Counselling *	31st 11 – 12 : Arts & Crafts with Sue * 12.30 – 1 : Relaxation with Sue			

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 as there are limited spaces available.**