

## Mind in Harrogate District Virtual Programme for May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
<b>3<sup>rd</sup> Bank Holiday</b>  <b>Open to receive calls from 8.30am to 5pm</b>	<b>4<sup>th</sup></b> Counselling *	<b>5<sup>th</sup></b> 10 – 12 : Arts & Crafts with Sue * 11 – 1.00 : Walking Group * 11.30 – 12 : Relaxation with Leah 12.15 – 1.15 : Drawing & Painting with Sue (zoom only)	<b>6<sup>th</sup></b> Counselling *  1.30 – 2.30 : Understanding Mental Health: Anxiety – 6 week course with Leah	<b>7<sup>th</sup></b> 11.30 – 12 : Mindfulness with Leah  2.00 – 4.00 : Friday Get Together*	<b>8<sup>th</sup> &amp; 9<sup>th</sup></b> Out of hours service 7.00 to 10.00 pm  01423 647216
<b>10<sup>th</sup></b> 1.00 – 2.00 : Coffee and Conversation with Leah (Zoom)  2.30 – 4.00 : Women’s Group with Leah *	<b>11<sup>th</sup></b> Counselling *	<b>12<sup>th</sup></b> 10 – 12 : Arts & Crafts with Sue * 11 – 1.00 : Walking Group * 11.30 – 12 : Relaxation with Leah 12.15 – 1.15 : Drawing & Painting with Sue (zoom only)	<b>13<sup>th</sup></b> Counselling *  1.30 – 2.30 : Understanding Mental Health: Anxiety – 6 week course with Leah	<b>14<sup>th</sup></b> 11-12.30 : Men’s Group - Initial Meeting * 11.30 – 12 : Mindfulness with Leah 2.00 – 4.00 : Friday Get Together *	<b>15<sup>th</sup> &amp; 16<sup>th</sup></b> Out of hours service 7.00 to 10.00 pm  01423 647216
<b>17<sup>th</sup></b> 1.00 – 2.00 : Coffee and Conversation with Leah (Zoom)  2.30 – 4.00 : Women’s Group with Leah *	<b>18<sup>th</sup></b> Counselling *	<b>19<sup>th</sup></b> 10 – 12 : Arts & Crafts with Sue * 11 – 1.00 : Walking Group * 11.30 – 12 : Relaxation with Leah 12.15 – 1.15 : Drawing & Painting with Sue (zoom only)	<b>20<sup>th</sup></b> Counselling *  1.30 – 2.30 : Understanding Mental Health: Anxiety – 6 week course with Leah	<b>21<sup>st</sup></b> 11.30 – 12 : Mindfulness with Leah  2.00 – 4.00 : Friday Get Together *	<b>22<sup>nd</sup> &amp; 23<sup>rd</sup></b> Out of hours service 7.00 to 10.00 pm  01423 647216
<b>24<sup>th</sup></b> 1.00 – 2.00 : Coffee and Conversation with Leah (Zoom)  2.30 – 4.00 : Women’s Group with Leah *	<b>25<sup>th</sup></b> Counselling *	<b>26<sup>th</sup></b> 10 – 12 : Arts & Crafts with Sue * 11 – 1.00 : Walking Group * 11.30 – 12 : Relaxation with Leah 12.15 – 1.15 : Drawing & Painting with Sue (zoom only)	<b>27<sup>th</sup></b> Counselling *  1.30 – 2.30 : Understanding Mental Health: Anxiety – 6 week course with Leah	<b>28<sup>th</sup></b> 11.30 – 12 : Mindfulness with Leah  2.00 – 4.00 : Friday Get Together *	<b>29<sup>th</sup> &amp; 30<sup>th</sup></b> Out of hours service 7.00 to 10.00 pm  01423 647216
<b>31<sup>st</sup> Bank Holiday</b>  <b>Open to receive calls from 8.30am to 5pm</b>	<b>Next Month Look Out For.....</b> <ul style="list-style-type: none"> <li>Men’s Group</li> <li>Music Group</li> <li>Allotment Group</li> </ul>				

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](mailto: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.**