

Mind in Harrogate District Virtual Programme for October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
				1 st 11 - 12.30: Men's Group * 11.30 – 12: Mindfulness 2.00 – 4.00: Friday Get Together*	2 nd & 3 rd
4 th 1.00 – 2.00: Coffee & Conversation (Zoom) 1.30 – 3.30: Allotment Group * 2.30 – 4.00: Women's Group *	5 th Counselling * 11.30 – 1pm Outreach at Ripon Library	6 th 10 – 12: Arts & Crafts * 11.30 – 12: Relaxation 12.30 – 1.15: Fun Drawing & Painting (Zoom)	7 th Counselling * 1.30 – 2.30: Understanding Mental Health: Managing Emotions	8 th 10.30 – 1.00: Movie Morning * 11.30 – 12: Mindfulness 2.00 – 4.00: Friday Get Together *	9 th & 10 th
11 th 1.00 – 2.00: Coffee & Conversation (Zoom) 1.30 – 3.30: Allotment Group * 2.30 – 4.00: Women's Group *	12 th Counselling * 11.30 – 1pm Outreach at Ripon Library	13 th 10 – 12: Arts & Crafts (Group Activity) * 11 – 1.00: Walking Group * 11.30 – 12: Relaxation 12.30 – 1.15: Fun Drawing & Painting (Zoom) 2.30 – 4 : Music Appreciation Group *	14 th Counselling * 1.30 – 2.30: Understanding Mental Health: Managing Emotions	15 th 11 - 12.30 : Men's Group * 11.30 – 12: Mindfulness 2.00 – 4.00 : Friday Get Together *	16 th & 17 th
18 th Staff Training day	19 th Counselling * 11.30 – 1pm Outreach at Ripon Library	20 th 10 – 12: Arts & Crafts * 11.30 – 12: Relaxation 12.30 – 1.15: Fun Drawing & Painting (Zoom) 2.30 – 4.00: Walking Group *	21 st Counselling * 1.30 – 2.30: Understanding Mental Health: Managing Emotions	22 nd 11 - 12.30: Men's Group * 11.30 – 12: Mindfulness 2.00 – 4.00: Friday Get Together *	23 rd & 24 th
25 th 1.00 – 2.00: Coffee & Conversation (Zoom) 1.30 – 3.30: Allotment Group * 2.30 – 4.00: Women's Group *	26 th Counselling * 11.30 – 1pm Outreach at Ripon Library	27 th 10 – 12: Arts & Crafts * 11 – 1.00: Walking Group * 11.30 – 12: Relaxation 12.30 – 1.15: Fun Drawing & Painting (Zoom) 2.30 – 4: Music Appreciation Group *	28 th Counselling * 1.30 – 2.30: Understanding Mental Health: Managing Emotions	29 th 11 - 12.30: Men's Group * 11.30 – 12: Mindfulness 2.00 – 4.00: Friday Get Together *	30 th & 31 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.**