

Mind in Harrogate District Virtual Programme for September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
		1st 10 –12: Arts & Crafts * 10 – 4 : Walking Group * 12.30 – 1.15: Fun Drawing & Painting (Zoom) 2.30 – 4 : Music Appreciation Group *	2nd Counselling * 1.30 – 2.30 : Understanding Mental Health: Managing Emotions	3rd 11 - 12.30 : Men's Group * 11.30 – 12 : Mindfulness (Zoom) 2.00 – 4.00 : Friday Get Together*	4th & 5th
6th 1.00 – 2.00: Coffee and Conversation (Zoom) 1.30 – 3.30 : Allotment Group * 2.30 – 4.00 : Women's Group *	7th Counselling * 11.30 – 1pm Outreach at Ripon Library	8th 10 –12: Arts & Crafts – Teabag folding (Group Activity) * 11 – 1.00 : Walking Group * 11.30 – 12: Relaxation (Zoom) 12.30 – 1.15: Fun Drawing & Painting (Zoom) 2.30 – 4 : Music Appreciation Group *	9th Counselling * 1.30 – 2.30 : Understanding Mental Health: Managing Emotions (Zoom)	10th 11 - 12.30 : Men's Group * 11.30 – 12: Mindfulness (Zoom) 2.00 – 4.00 : Friday Get Together *	11th & 12th
13th 1.00 – 2.00: Coffee and Conversation (Zoom) Open to receive calls 8.30am to 5pm - no group activities due to building maintenance	14th Counselling * 11.30 – 1pm Outreach at Ripon Library	15th 10 – 12 : Arts & Crafts * 11 – 1.00 : Walking Group * 11.30 – 12: Relaxation (Zoom) 12.30 – 1.15: Fun Drawing & Painting (Zoom) 2.30 – 4 : Music Appreciation Group *	16th Counselling * 1.30 – 2.30 : Understanding Mental Health: Managing Emotions (Zoom)	17th 11 - 12.30 : Men's Group * 11.30 – 12: Mindfulness (Zoom) 2.00 – 4.00 : Friday Get Together *	18th & 19th
20th 1.00 – 2.00: Coffee and Conversation (Zoom) 1.30 – 3.30 : Allotment Group * 2.30 – 4.00 : Women's Group *	21st Counselling * 11.30 – 1pm Outreach at Ripon Library	22nd 10 – 12 : Arts & Crafts * 11.30 – 12 : Relaxation (Zoom) 12.30 – 1.15: Fun Drawing & Painting (Zoom) 2.30 – 4.00 : Walking Group *	23rd Counselling * 1.30 – 2.30 : Understanding Mental Health: Managing Emotions (Zoom)	24th 11 - 12.30 : Men's Group * 11.30 – 12 : Mindfulness (Zoom) 2.00 – 4.00 : Friday Get Together *	25th & 26th
27th 1.00 – 2.00: Coffee and Conversation (Zoom) 1.30 – 3.30 : Allotment Group * 2.30 – 4.00 : Women's Group *	28th Counselling * 11.30 – 1pm Outreach at Ripon Library	29th 10 – 12 : Arts & Crafts * 11 – 1.00 : Walking Group * 11.30 – 12: Relaxation (Zoom) 12.30 – 1.15: Fun Drawing & Painting (Zoom) 2.30 – 4 : Music Appreciation Group *	30th Counselling * 1.30 – 2.30 : Understanding Mental Health: Managing Emotions (Zoom)		

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.**