

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	10:15am - 12:15pm The Roger Nicklin Walk: St Johns Meet at Woking Mind/ St John's Lye car park GU21 7SQ	9:30am – 11:00am Shifa Asian Women Support: Life in the UK course. (07897 316 978 for info) Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Postnatal Depression Support Group Parkview Centre, Sheerwater, GU21 5NZ.
10:30am – 12:00pm Managing Intense Emotions Support Group NEW support group Woking Mind Centre: GU21 5HQ	10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required). Woking Mind Centre: GU21 5HQ	10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	1:00pm – 2:30pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info). Woking Mind Centre: GU21 5HQ
12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU215HQ	11:00am – 11:30am Walking for Health - Starter Walk: The Lightbox, Victoria way GU21 4AA	10:15am – 11:45am Discussion & Creative Writing with Shirlyn Pre-booking only Woking Mind Centre: GU21 5HQ		12:30pm – 2:30pm Wellbeing Support Group Parkview Centre, Sheerwater, GU21 5NZ
12:30pm – 1:30pm Gentle Exercise with Sylvia Woking Mind Centre: GU21 5HQ	12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU21 5HQ	11:00am – 12:30pm Walking for Health - Regular Walk: Brookwood CP & Canal. Meet at Sainsbury's, Redding Hill, Knaphill GU21 2QT		
1:00pm – 2:30pm Wellbeing Support Group (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	12:30pm – 2:00pm Quiz Woking Mind Centre: GU21 5HQ	11:00pm – 12:30pm Shifa Asian Women Support: Driving Theory Woking Mind Centre: GU21 5HQ		
6:30pm – 8:30pm Young Persons 18-25: Wellbeing Support Group Woking Mind Centre: GU21 5HQ	1:30pm – 3:00pm Walking for Health - Regular Walk: Meads & Marina. Meet at River Bourne Club, Heriot Road, Chertsey KT16 9DR	12:00pm – 1:00pm Hot Lunch (£3 contribution) Woking Mind Centre: GU21 5HQ		
	2:30pm- 3:30pm Mindfulness Meditation Woking Mind Centre: GU21 5HQ	1:00pm – 2:00pm Bingo (£1 contribution) Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	1:00 – 2:00pm Shifa Asian Womens Support: A2 exam preparation course Woking Mind Centre, GU21 5HQ		
		6:30pm – 8:30pm Anxiety Support Group Woking Mind Centre: GU21 5HQ		
		7:30pm – 9:00pm Depression & Anxiety Support Group (Addlestone Community Centre, Garfield Road, KT15 2NJ)		

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	10am - 12:15pm The Roger Nicklin Walk: Savill Garden Meet at Woking Mind/ Savill Garden TW20 0UU	9:30am – 11:00am Shifa Asian Women Support: Life in the UK course. (07897 316 978 for info) Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Postnatal Depression Support Group (Parkview Centre, Sheerwater, GU21 5NZ)
10:30am – 12:00pm Managing Intense emotions Support Group Woking Mind Centre: GU21 5HQ	10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required) Woking Mind Centre: GU21 5HQ	10:00am – 12:00pm Lightbox Gallery Tour Followed by Hot Lunch and Bingo Meet at Woking Mind Centre: GU21 5HQ	1:00pm – 2:30pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) Woking Mind Centre: GU21 5HQ
11:00am – 11.30am Mindfulness with Emma Woking Mind Centre: GU21 5HQ	11:00am – 11:30am Walking for Health - Starter Walk: Woking Leisure Centre, Woking Park, Kingfield Way GU22 9BA	10:15am – 11:45am Discussion & Creative Writing with Shirlyn Pre-booking only Woking Mind Centre: GU21 5HQ	7:00pm – 9:00pm All Carers Group Woking Mind Centre: GU21 5HQ	12:30pm – 2:30pm Wellbeing Support Group Parkview Centre, Sheerwater, GU21 5NZ
12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU21 5HQ	12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU21 5HQ	11:00am – 12:30pm Walking for Health - Regular Walk: Woking Park. Meet in the café at The Lightbox. Victoria Way, Woking GU21 4AA		
12:30pm – 1:30pm Gentle Exercise with Sylvia Woking Mind Centre: GU21 5HQ	12:30pm – 2:00pm Art Activity Woking Mind Centre: GU21 5HQ	11:00pm – 12:30pm Shifa Asian Women Support: Driving Theory (07897 316 978 for info) Woking Mind Centre: GU21 5HQ		
1:00pm – 2:30pm Wellbeing Support Group (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	1:30pm – 3:00pm Walking for Health - Regular Walk: Broadwater Lake & Thames Path. Meet at Cowey Sale car park, Walton Lane, Weybridge KT12 1AR	1:00 – 2:00pm Shifa Asian Womens Support: A2 exam preparation course Woking Mind Centre, GU21 5HQ		
6:30pm – 8:30pm Young Persons 18-25: Wellbeing Support Group Woking Mind Centre: GU21 5HQ	7:00pm – 9:00pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	6:30pm – 8:30pm Anxiety Support Group Woking Mind Centre: GU21 5HQ		
	7:00pm – 8:00pm Mindfulness Meditation Woking Mind Centre: GU21 5HQ	7:30pm – 9:00pm Depression & Anxiety Support Group (Addlestone Community Centre, Garfield Road, KT15 2NJ)		

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	10:15am - 12:15pm The Roger Nicklin Walk: West End Meet at Woking Mind/ Hare & Hounds GU24 9QG	10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	1:00pm – 2:30pm Wellbeing Support Group Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Postnatal Depression Support Group (Parkview Centre, Sheerwater, GU21 5NZ.
10:30am – 12:00pm Managing Intense emotions Support Group Woking Mind Centre: GU21 5HQ	10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required) Woking Mind Centre: GU21 5HQ	10:15am – 11:45am Discussion & Creative Writing with Shirlyn Pre-booking only Woking Mind Centre: GU21 5HQ		12:30pm – 2:30pm Wellbeing Support Group Parkview Centre, Sheerwater, GU21 5NZ
12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU21 5HQ	12:00pm – 12:30pm Social over Sandwich (£1 contribution)	11:00am – 12:30pm Ramblers Walking for Health - Regular Walk: Horsell Church. Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA		
12:30pm – 1:30pm Gentle Exercise with Sylvia Woking Mind Centre: GU21 5HQ	12:30pm – 2:00pm Film Club: Woking Mind Centre: GU21 5HQ	12:00pm – 1:00pm Hot Lunch (£3 contribution)		
6:30pm – 8:30pm Young Persons 18-25: Wellbeing Support Group Woking Mind Centre: GU21 5HQ	1:30pm – 3:00pm Ramblers walking for Health - Regular Walk: Addlestone. Meet outside Tesco, Station Rd, Addlestone KT15 2AS	1:00pm – 2:00pm Bingo (£1 contribution) Woking Mind Centre: GU21 5HQ		
	2:30pm- 3:30pm Mindfulness Meditation Woking Mind Centre: GU21 5HQ	6:30pm – 8:30pm Anxiety Support Group Woking Mind Centre: GU21 5HQ		
	7:00pm – 9:00pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	7:30pm – 9:00pm Depression & Anxiety Support Group (Addlestone Community Centre, Garfield Road, KT15 2NJ)		
	7:00pm – 9:00pm Carer Support: Husbands/Wives/Partners Woking Mind Centre: GU21 5HQ			

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm Art & Conversation with Duncan Woking Mind Centre: GU21 5HQ	10:00am – 12:15pm The Roger Nicklin Walk: Gracious Pond to Fair Oaks Meet at Woking Mind/ Drop off: Gracious Pond GU24 8HL Pick up: Fair Oaks Airport GU24 8HU	9:30am – 11:00am Shifa Asian Women Support: Life in the UK course. (07897 316 978 for info) Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) Woking Mind Centre: GU21 5HQ	9:30am – 11:30am Postnatal Depression Support Group Parkview Centre, Sheerwater, GU21 5NZ.
10:30am – 12:00pm Managing Intense emotions Support Group Woking Mind Centre: GU21 5HQ	10:00am – 2:00pm 121 Wellbeing Sessions (40 mins - booking required) Woking Mind Centre: GU21 5HQ	10:00am – 2:00pm Lighthouse Activity Meet at the Lighthouse, 8-10 High Street, Woking GU21 6BG	1:00pm – 2:30pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	9:30am – 12:30pm Shifa Asian Women Support: Drop-in & ESOL (07897 316 978 for info) Woking Mind Centre: GU21 5HQ
12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU21 5HQ	11:00am – 11:30am Walking for Health - Starter Walk: Woking Leisure Centre, Woking Park, Kingfield Way GU22 9BA	10:15am – 11:45am Discussion & Creative Writing with Shirlyn Pre-booking only. Woking Mind Centre: GU21 5HQ	7:30pm - 9:30pm Eating Disorder Carer group Woking Mind Centre: GU21 5HQ	12:30am – 2:30pm Wellbeing Support Group Parkview Centre, Sheerwater, GU21 5NZ
12:30pm – 1:30pm Gentle Exercise with Sylvia Woking Mind Centre: GU21 5HQ	12:00pm – 12:30pm Social over Sandwich (£1 contribution) Woking Mind Centre: GU21 5HQ	11:00am – 12:30pm Walking for Health - Regular Walk: Saturn Trail to St John's. Meet in the café at The Lightbox, Victoria Way, Woking GU21 4AA		
1:00pm – 2:30pm Wellbeing Support Group (Virginia Lodge, 68a Station Road, Egham, TW20 9LF)	1:30pm – 3:00pm Walking for Health - Regular Walk: Cow Pond & Beyond. Meet at Bishopsgate entrance, Bishopsgate Road, Englefield Green TW20 0XU	11:00pm – 12:30pm Shifa Asian Women Support: Driving Theory (07897 316 978 for info) Woking Mind Centre: GU21 5HQ		
6:30pm – 8:30pm Young Persons 18-25: Wellbeing Support Group Woking Mind Centre: GU21 5HQ	7pm- 8pm Mindfulness Meditation Woking Mind Centre: GU21 5HQ	1:00 – 2:00pm Shifa Asian Womens Support: A2 exam preparation course Woking Mind Centre, GU21 5HQ		
	7:00pm – 9:00pm Depression & Anxiety Support Group Woking Mind Centre: GU21 5HQ	6:30pm – 8:30pm Anxiety Support Group Woking Mind Centre: GU21 5HQ		
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