

If you are experiencing mental or emotional distress, we offer a variety of services in your area.

Bishop's Stortford	Day	Course	Time	Dates
	Monday	Yoga (Rhodes Centre)	13:00-14:00	13.01.14-17.03.14
	Tuesday	Anxiety Management	14:00-16:00	04.02.14-11.03.14
	Wednesday	Well Being Group	10:30-12:30	Ongoing
	Thursday	Hear Voices Group (Sworders Barn)	10:30-12:30	Ongoing
		Markwell Group (Sworders Barn)	10:30-12:30	Ongoing

Waltham Cross Well-Being Centre	Day	Course	Time	Dates
	Monday	Meeting Place	13:30-15:30	Ongoing
	Tuesday	Carers Support Group (Every 2 weeks)	10:30-12:30	Ongoing
		Relaxation	13:30-15:00	11.02.14-18.03.14
	Thursday	CAB Clinic (HMN Service Users Only)	09:00-17:00	Ongoing
		Well Being Group	13:00-15:00	Ongoing
Parks and Gardens Volunteering Group (Cedar's Park)		10:00-14:00	Ongoing	
		Anxiety Management	10:30-12:30	16.01.14-20.02.14

Ware Well-Being Centre	Day	Course	Time	Dates
	Monday	Allotment Group	13:00-15:30	Ongoing
	Tuesday	Open Door Service	10:00-17:00	Ongoing
		Yoga	11:00-12:00	14.01.14-18.03.14
	Wednesday	Well Being Group	14:00-16:00	Ongoing
		Carers Personality Disorder Support Group	18:00-20:00	Last Tue. of Month
		Meeting Place	18:30-20:30	Ongoing
		Singing	19:15-20:15	Ongoing
		Reiki (not 2nd Wednesday in month)	13:00-15:00	Ongoing
	Thursday	Meeting Place	13:00-15:00	Ongoing
		Anxiety Management	14:30-16:30	15.01.14-19.02.14
		OCD Carers Group	18:00-19:30	Monthly
		Anger Management	10:00-12:00	13.03.14-17.04.14
Friday	The Pre-Weekend Group (Meeting Place)	12:30-14:30	Ongoing	

Potters Bar	Day	Course	Time	Dates
	Tuesday	Meeting Place	14:00-16:00	Ongoing
		Memory Support Group	TBC	TBC

All Centres

- Counselling** 1 to 1 Local Counselling Service
- Peer Mentoring** 1 to 1 Support in the Community
- Peer Support Service** 1 to 1 Solution Focused Support to Help People Through their Recovery
- Vocational Advice** Supporting People into Training, Education, Voluntary and Paid Work

Happy and Healthy Workshops

Children Centres in East Hertfordshire. For parents of children between 0-18 years of age focused on emotional well-being and health. For more information, please contact Sabrina Robinson at the Ware Well-Being Centre.

Across the Network

- Workshop in Mind** 1 to 1 Support for people in the Community
- Grounds Maintenance** Practical help, including gardening in the community

Volunteering

If you are interested in volunteering for HMN, please contact Caroline McGoohan at the Ware Well-Being Centre.

Venue Addresses

- Bishops Stortford** Rhodes Art Complex, 1-3 South Road, Bishops Stortford, Hertfordshire CM23 3JG
Sworders Barn, Sworders Yard, North Street, Bishops Stortford, Hertfordshire CM23 2LD
- Potters Bar** Elm Court, Potters Bar, Hertfordshire EN6 3BP
- Waltham Cross** Well-Being Centre, 145a High Street, Waltham Cross, Hertfordshire EN8 7AP
- Ware** Well-Being Centre, The Warehouse, 14 New Road, Ware SG12 7BS

For further information, or to book an appointment, please call: **02037 273600** or via email at info@hertsmindnetwork.org

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