


**Mind in Harrogate District Programme for December 2021**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat /Sun
		<b>1<sup>st</sup></b> 10 – 12: Arts & Crafts 11 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 12.30 – 1.15: Fun Drawing (Zoom) 2.30 – 4.00: Women's Group	<b>2<sup>nd</sup></b> Counselling 1.30 – 2.30: Understanding Mental Health: Managing Emotions (Zoom)	<b>3<sup>rd</sup></b> 11 - 12.30: Men's Group 11.30 – 12: Mindfulness (Zoom) 2.00 – 4.00: Friday Get Together	<b>4<sup>th</sup> &amp; 5<sup>th</sup></b>
<b>6<sup>th</sup></b> 10 – 3pm Team Strategy Day	<b>7<sup>th</sup></b> Counselling	<b>8<sup>th</sup></b> 11 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.30 – 4.00: Women's Group	<b>9<sup>th</sup></b> Counselling	<b>10<sup>th</sup></b> 11 - 12.30: Men's Group 11.30 – 12: Mindfulness (Zoom) 2.00 – 4.00: Friday Get Together	<b>11<sup>th</sup> &amp; 12<sup>th</sup></b>
<b>12 – 2.00 Christmas party for Women's Group &amp; Music Group</b> <b>13<sup>th</sup></b> 2.30 – 4.00: Music Group - Carols	<b>14<sup>th</sup></b> Counselling	<b>15<sup>th</sup></b> 10 – 12: Arts & Crafts – Origami Snowflake (Group Activity) 11 <b>12 – 2.00 Christmas party for Craft &amp; Walking Group</b> – 1.00: Walking Group 2.30 – 4.00: Women's Group	<b>16<sup>th</sup></b> Counselling 1.30 – 2.30: Understanding Mental Health: Managing Emotions (Zoom)	<b>17<sup>th</sup></b> <b>12 – 2.00 Christmas party for Men's &amp; Chat group</b> 10.30 - 12.00 : Men's Group 2.00 – 4.00 : Friday Get Together	<b>18<sup>th</sup> &amp; 19<sup>th</sup></b>
<b>20<sup>th</sup></b> 1.00 – 2.00: Coffee & Conversation (Zoom) 2.30 – 4.00: Music Group - Carols	<b>21<sup>st</sup></b> Counselling	<b>22<sup>nd</sup></b> 10 – 12: Arts & Crafts 11.00 – 1.00: Walking Group 11.30 – 12: Relaxation (Zoom) 2.30 – 4.00: Women's Group	<b>23<sup>rd</sup></b> Counselling 1.30 – 2.30: Understanding Mental Health: Managing Emotions (Zoom)	<b>24<sup>th</sup></b> 11 - 12.30: Men's Group 11.30 – 12: Mindfulness (Zoom) 2.00 – 4.00: Friday Get Together	<b>25<sup>th</sup> &amp; 26<sup>th</sup></b>
<b>27<sup>th</sup></b> Open to receive calls 8.30am to 5pm	<b>28<sup>th</sup></b> Open to receive calls 8.30am to 5pm	<b>29<sup>th</sup></b> Open to receive calls 8.30am to 5pm	<b>30<sup>th</sup></b> Open to receive calls 8.30am to 5pm 1.00 – 2.30pm Coffee & Conversation (Zoom)	<b>31<sup>st</sup></b> Open to receive calls 8.30am to 5pm	<b>1<sup>st</sup> &amp; 2<sup>nd</sup></b> January Happy New Year!!

Activities are available face to face at The Acorn Centre or via Zoom. You must book in advance (by no more than 48hours) as there are limited spaces available.



**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. 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.**