

IMPORTANT INFORMATION	KEY		Thursday 1st	Friday 2nd
<p><u>New Numbers</u></p> <p>TACT – 01952 899204 BRANCHES- 01952 899205 MIND – 01952 899206</p>	<p>Recovery Groups Advice (Benefits, Finance, Housing) Support Groups Healthy Lifestyle Branches Groups</p>	<p>PLEASE NOTE TIME CHANGES ON SOME OF THE GROUPS</p>	<p>10.30 – 12.00 Mindful Meditation 12 – 1.00 PM Stepping Stones Group (Service User Goals) <i>10-1PM – Thrive (Drop In)</i> 12-1.30PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)</p>	<p>10 – 12PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery</p> <p>6.00-7.30PM – Smart Recovery (Suite 1, Churchill House)</p>
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
<p>10 – 11.30PM Anxiety and Depression 11-12.30PM – Women’s Group 1 – 2.30PM Dual Diagnosis Group</p> <p>7-8.30PM – Smart Recovery (Brookside Community Centre)</p>	<p>10 – 11.30PM Family/Carers for people with Mental Health Issues 10-12PM – Crafty Arts <i>10 – 2PM Gardening Group</i> 1-2.30PM – Smart Recovery 6.00 – 7.30PM – Dual Diagnosis Group</p>	<p>10-12PM. - Service User Group 12:30 – 2:00PM – Understanding Personality Disorders 1.00– 3PM Crafty Arts</p> <p>6.30-7.30PM - NA Group (Suite 1, Churchill House)</p>	<p>10.30 – 12.00 Mindful Meditation 12 – 1.00 PM Stepping Stones Group (Service User Goals) <i>10-1PM – Thrive (Drop In)</i> 12-1.30PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)</p>	<p>10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery</p> <p>6.00-7.30PM – Smart Recovery (Suite 1, Churchill House)</p>
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
<p>10 – 11.30PM Anxiety and Depression 11-12.30PM – Women’s Group 1 – 2.30PM Dual Diagnosis Group</p> <p>7-8.30PM – Smart Recovery (Brookside Community Centre)</p>	<p>10 – 11.30PM Family/Carers for people with Mental Health Issues 10-12PM – Crafty Arts <i>10 – 2PM Gardening Group</i> 1-2.30PM – Smart Recovery 6.00 – 7.30PM – Dual Diagnosis Group</p>	<p>10-12PM. - Service User Group 12:30 – 2:00PM – Understanding Personality Disorders 1.00– 3PM Crafty Arts</p> <p>6.30-7.30PM - NA Group (Suite 1, Churchill House)</p>	<p>10.30 – 12.00 Mindful Meditation 12 – 1.00 PM Stepping Stones Group (Service User Goals) <i>10-1PM – Thrive (Drop In)</i> 12-1.30PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)</p>	<p>10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery</p> <p>6.00-7.30PM – Smart Recovery (Suite 1, Churchill House)</p>
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
<p>10 – 11.30PM Anxiety and Depression 11-12.30PM – Women’s Group 1 – 2.30PM Dual Diagnosis Group</p> <p>7-8.30PM – Smart Recovery (Brookside Community Centre)</p>	<p>10 – 11.30PM Family/Carers for people with Mental Health Issues 10-12PM – Crafty Arts <i>10 – 2PM Gardening Group</i> 1-2.30PM – Smart Recovery 6.00 – 7.30PM – Dual Diagnosis Group</p>	<p>10-12PM. - Service User Group 12:30 – 2:00PM – Understanding Personality Disorders 1.00– 3PM Crafty Arts</p> <p>6.30-7.30PM - NA Group (Suite 1, Churchill House)</p>	<p>10.30 – 12.00 Mindful Meditation 12 – 1.00 PM Stepping Stones Group (Service User Goals) <i>10-1PM – Thrive (Drop In)</i> 12-1.30PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)</p>	<p>10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery</p> <p>6.00-7.30PM – Smart Recovery (Suite 1, Churchill House)</p>
Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
<p>10 – 11.30PM Anxiety and Depression 11-12.30PM – Women’s Group 1 – 2.30PM Dual Diagnosis Group</p> <p>7-8.30PM – Smart Recovery (Brookside Community Centre)</p>	<p>10 – 11.30PM Family/Carers for people with Mental Health Issues 10-12PM – Crafty Arts <i>10 – 2PM Gardening Group</i> 1-2.30PM – Smart Recovery 6.00 – 7.30PM – Dual Diagnosis Group</p>	<p>10-12PM. - Service User Group 12:30 – 2:00PM – Understanding Personality Disorders 1.00– 3PM Crafty Arts</p> <p>6.30-7.30PM - NA Group (Suite 1, Churchill House)</p>	<p>10.30 – 12.00 Mindful Meditation 12 – 1.00 PM Stepping Stones Group (Service User Goals) <i>10-1PM – Thrive (Drop In)</i> 12-1.30PM – Dual Diagnosis Group 7-8.30PM – Smart Recovery (CHEC, Madeley)</p>	<p>10 – 11.30PM Grief and Loss Group 12.00 – 1.30PM Smart Recovery</p> <p>6.00-7.30PM – Smart Recovery (Suite 1, Churchill House)</p>

****Please note that some of the Groups take place at Suite 1 Churchill House****