



# Herts Mind Network

## South East Hertfordshire



If you are experiencing mental or emotional distress, we offer the following services in your area:

Day	Area	Course Title	Time	Start - End Dates
<b>Monday</b>	Waltham Cross	Self-Support Group	11:00 - 12:00	Ongoing
	Cheshunt	Healthy Eating	10:30 - 12:00	15.02.2010 - 22.03.2010
	Ware	Women's Meeting Place	11:00 - 13:00	Ongoing
	Bishops Stortford	Yoga	13:00 - 14:00	25.01.2010 - 22.03.2010
	Cheshunt	Meeting Place	13:30 - 15:30	04.01.2010 - Ongoing
	Ware	Introduction to Guitar	14:00 - 15:00	11.01.2010 - 15.02.2010
	Potters Bar	Carer's Support Group	14:00 - 15:30	11.01.2010 - 15.03.2010
<b>Tuesday</b>	Bishops Stortford	Art	10:30 - 12:30	12.01.2010 - 16.03.2010
	Ware	Yoga	11:00 - 12:00	26.01.2010 - 23.03.2010
	Bishops Stortford	Women's Group	13:00 - 15:00	Ongoing
	Potters Bar	Meeting Place	14:00 - 16:00	05.01.2010 - Ongoing
	Ware	Well-Being Group	14:00 - 16:00	12.01.2010 - Ongoing
	Ware	Meeting Place	18:30 - 20:30	Ongoing
	Cheshunt	Carer's Support Group	19:00 - 20:30	12.01.2010 - Fortnightly
<b>Wednesday</b>	Cheshunt	Anxiety Management	10:00 - 12:00	03.03.2010 - 17.03.2010
	Bishops Stortford	Coffee Morning	10:30 - 12:30	Ongoing
	Ware	Confidence Building	10:30 - 12:30	13.01.2010 - 17.02.2010
	Ware	Meeting Place	13:00 - 15:00	Ongoing
	Ware	Anxiety Management	13:30 - 15:30	03.03.2010 - 17.03.2010
	Cheshunt	Confidence Building	13:30 - 15:30	13.01.2010 - 17.02.2010
<b>Thursday</b>	Ware	Complimentary Therapies	10:30 - 12:00	18.02.2010 - 25.03.2010
	Cheshunt	Art	10:00 - 12:00	14.01.2010 - 18.03.2010
	Cheshunt	Well-Being Group	13:00 - 15:00	Ongoing
	Potters Bar	Confidence Building	13:30 - 15:30	14.01.2010 - 18.02.2010
	Ware	Writing 4 Fun	14:00 - 16:00	14.01.2010 - 18.03.2010
<b>Friday</b>	Cheshunt	Sports Health Project	10:00 - 12:00	22.01.2010 - 26.03.2010
	Ware	Art	10:30 - 12:30	15.01.2010 - 19.03.2010
	Potters Bar	Anxiety Management	10:30 - 12:30	15.01.2010 - 29.01.2010
	Ware	The Pre-Weekend Group	13:30 - 15:30	Ongoing
	Potters Bar	Art	14:00 - 16:00	15.01.2010 - 19.03.2010
	Bishops Stortford	Ballroom Dancing	14:00 - 15:30	22.01.2010 - 26.02.2010
<b>Saturday</b>	Cheshunt	Walking Group	10:30 - 12:00	20.02.2010 - 27.03.2010
	Bishops Stortford	Meeting Place Pilot	10:30 - 12:00	20.02.2010 - 27.03.2010
<b>Counselling</b>	Cheshunt	1 to 1 Local Counselling Service		
<b>Horizons</b>	ALL	1 to 1 Support in the Community		
<b>Coming Soon</b>	Bishops Stortford	Self Defence		
	Cheshunt	Healthy Tasters		
	Ware	Ballroom Dancing		

For further information, or to book an appointment, please call: **08444 77 22 12**

Updated 25.01.2010

