



Herts Mind Network - Watford & Borehamwood

If you are experiencing mental or emotional distress we offer the following support services. Spring Term times from 11.01.10 - 26.03.10. Meeting places are open though the year, apart from Bank Holidays.



Day	Venue	Course Title	Time
Monday	ABH	Meeting Place	13:00 - 16:00
Tuesday	CWB	Counselling Skills for Volunteers	09:45 - 12:45
	CWB	Counselling	13:00 - 16:00
	CWB	Mindworks	14:30 - 16:30
	CWB	Gentle Exercise for over 65's	14:30 - 16:30
	CWB	Line Dancing for over 65's	14:30 - 16:30
	CWB	Counselling	17:30 - 20:30
	CWB	Meeting Place	18:30 - 20:30
Wednesday	CWB	Boxercise	10:30 - 11:30
	CWB	Yoga	11:00 - 12:15
	CWB	Counselling	09:00 - 12:00
	CWB	Art	14:00 - 16:00
Thursday	CWB	I.T. for Beginners	10:00 - 12:00
	SJC	Confidence Building	10:30 - 12:15
	CWB	R&R Club	12:30 - 14:30
	ABH	Meeting Place	13:00 - 16:00
Friday		No groups	
Saturday	CWB	Meeting Place	14:00 - 17:30
Coming soon	CMHT	1 to 1 Vocational Advice - Watford	
	SHD	Stepping Stones	
	CWB	Over 65's Support Group	
	CWB	Firm Foundations	
	SOX	Boxercise for Women	
	BHW	Music	
	BHW	Over 65's Gentle Exercise	
	BHW	Anxiety Management	
	SOX	Boxercise for Women - Creche available	
	BHW	Music	
	CWB	Confidence Building	
	CWB	Anxiety Management	
	BHW	Art	
	ABL	Boxercise	
	CWB	Landscaping	
	CWB	Orienteering	
	SMC	Carer's Support Group	
	BHW	Women's Well Being Group	
Key	ABH	Aberford Hall, Aberford Road, Borehamwood	
	ABL	Abbots Langley - venue to be confirmed	
	BHW	Borehamwood - venue to be confirmed	
	CWB	Centre for Well-Being, 501 St. Albans Road, Watford, WD24 7RZ	
	MAX	Maxwell Park Community Centre, Maxwell Road, Borehamwood, WD6 1JJ	
	SHD	Shrodell's Inpatient Unit, Watford	
	SJC	St. James Church Hall, Bushey	
	SMC	St. Michael's Church Hall, Brook Road, Borehamwood	
	SOX	South Oxhey - venue to be confirmed	

For further information, or to book an appointment, please call : 08444 772212

