



# HERTS MIND NETWORK



If you are experiencing mental or emotional distress we offer the following support services in the Dacorum area. **Spring Term times** from 11.01.10 - 22.03.10. Meeting places are open though the year, apart from Bank Holidays.

## Monday

**Art** 09:30 - 11:30 (BHS) 8 weeks  
**Women's Coffee Morning** 10:00 - 12:00 (LBR) 11 weeks  
**Yoga** 12:00 - 13:15 (BHS) 11 weeks  
**Confidence Building** 12:30 - 14:30 (LBR) 5 Weeks (01/03/10)  
**Women's Yoga** 13:30 - 14:45 (BHS) 11 weeks  
**Walking Group 3 \*** 11:00 - 14:00 (LBR) for 6 sessions  
**Art & Craft 1** 12:30 - 14:30 (BHS) 8 weeks  
**Art & Craft 2** 15:00 - 17:00 (BHS) 8 weeks  
**3D** 15:15 - 16:45 (LBR) 11 weeks  
**German** 15:30 - 16:45 (LBR) 11 weeks  
**Mindworks** 18:30 - 20:30 (LBR) Ongoing throughout the year  
**Counselling** Evening appointments - Hemel

## Tuesday

**Counselling** Daytime appointments - Hemel  
**Carers - supporting people with Dementia group** 10:00 - 12:00 (LBR)  
**Dancing for Over 50s** 10:15 - 12:15 (WECC)  
**Meeting Place** 12:30 - 15:00 (LBR)  
**Self Supporting Creative Writing group** 15:00 - 16:45 (LBR) ongoing throughout the year

## Wednesday

**Counselling** Daytime appointments - Hemel  
**Beginners IT course** 10:00 - 12:00 (LBR) 6 weeks  
**Women's Needlecraft** 10:30 - 12:30 (BHS) 11 weeks  
**Carer's Pottery** 10:00 - 12:30 (BHS) 11 weeks  
**Women's Art & Craft** 14:30 - 16:30 (BHS) 11 weeks  
**Music** 13:00 - 15:00 (LBR) 11 weeks  
**Self Supporting Music group** 14:45 - 16:45 (LBR) ongoing throughout the year  
**Pottery** 14.30 - 16.30 (BHS) 11 weeks  
**Meeting Place** 19:00 - 21:30 (LBR)

## Thursday

**Counselling** Daytime appointments - Hemel  
**Walking Group 1 \*** 11:00 - 14:00 (meet at LBR)  
**Walking Group 2 \*** 11:00 - 14:00 (meet at LBR)  
**Memory Support Group** 12:30 - 14:30 weekly at LBR  
**Anxiety Management** 13:00 - 15:00 (1WS) 3 weeks (04/03/10)  
**Creative Writing** 14:45 - 16:45 (LBR) 11 weeks

## Friday

**Counselling** Daytime appointments - Hemel  
**Carers Support Group** 10:30 - 12:30 (LBR) 11 weeks  
**Gardening** 10:30 - 12:00 (LBR) 12/2/10  
**Friendship Network Group** 13:00 - 14:00 (LBR) Ongoing throughout the year  
**Meeting Place** 14:30 - 16:30 (LBR)  
**Boxmoor Trust Activities\*\*** 09:45 - 12:15 (meet at LBR)

## Saturday

**Meeting Place** 12:30 - 15:00 (LBR)

## Daily

**1:1 Befriending in the community**

## TBC

**Anger Management Course - 6 weeks**

## Key:

**LBR** = Leighton Buzzard Road  
**BHS** = Boxmoor House School  
**\*** = Fortnightly  
**\*\*** = First Friday of the Month

**WHC** = West Herts College  
**WECC** = Warners End Community Centre  
**1WS** = No 1 The Waterhouse, Waterhouse Street

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