

Meeting Places

Spring 2026



Forthcoming Group Itinerary

Every Tuesday 4pm - 6pm

(Please arrive no earlier than 10 minutes before the meeting start times)

14th Apr	Arts and Crafts
21st Apr	Music Appreciation
28th Apr	Random
5th May	Board Games
12th May	Wellbeing Discussion
19th May	At My Best
26th May	Team Activity
2nd June	Quiz
9th June	Show and Tell
16th June	Random
23rd June	Outreach Meeting (TBC)
30th June	Guest Speaker (ADHD) (TBC)

WATFORD WELLBEING CENTRE

**501 St Albans Road, Watford
Hertfordshire, WD24 7RZ**

Email: meetingplaces@hertsmindnetwork.org
Website: www.hertfordshiremind.org
Phone: 0203 727 3600

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