

# Meeting Places

Summer 2026



## Forthcoming Group Itinerary

**Every Thursday 11am - 1pm**

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

<b>14th May</b>	<b>Music Appreciation led by Daniel</b>
<b>21st May</b>	<b>Guest speaker - ADHD workshop</b>
<b>28th May</b>	<b>Visit to Cedars Park</b>
<b>4th June</b>	<b>Meditation &amp; Breathwork</b>
<b>11th June</b>	<b>Show &amp; Tell</b>
<b>18th June</b>	<b>Assertiveness</b>
<b>25th June</b>	<b>Visit to Green Fingers Allotment</b>
<b>2nd July</b>	<b>Crystal Healing led by Peter</b>

**WALTHAM CROSS WELLBEING CENTRE**

**145a, High Street,**

**Waltham Cross, Herts, EN8 7AP**

**Email:** [meetingplaces@hertsmindnetwork.org](mailto:meetingplaces@hertsmindnetwork.org)  
**Website:** [www.hertfordshiremind.org](http://www.hertfordshiremind.org)  
**Phone:** 0203 727 3600

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