



**Venue Information**

Almshouses	20 West Hill	Dartford	DA1 2EP
Adult Education Centre	Highfield Road	Dartford	DA1 2LP
The Grand Healthy Living Centre	26 Kings Street	Gravesend	DA12 2DU
Methodist Church Hall	43 Spital Street	Dartford	DA1 2DX
Riverside Centre	Dickens Road	Gravesend	DA12 2JY
Thames Gateway YMCA	Overy Street	Dartford	DA1 1UP
White Oak Leisure Centre	Hilda May Avenue	Swanley	BR8 7BT
Central Library Dartford	Market Street	Dartford	DA1 1EU

**Agoraphobia Service** : You will be matched with a volunteer who will meet you weekly to help support you in your goal to attend a support group. Contact Sue Carter

# North Kent Mind Wellbeing Services - Autumn/Winter 2018

## Mondays

10:30 - 12:00	The Grand, Gravesend	Self-Management	Coping with Life Course	Contact Us
11.30 - 1:30	Riverside Centre, Gravesend	Peer Led Open session	Open (includes a Quiz)	Just Turn Up
2.00 - 4.00	Almshouses, Dartford	Self - Management	Time for Change Group	Contact Us

## Tuesdays

11.00 - 12.30	Methodist Hall, Dartford	Activity	Wellbeing Service	Just Turn Up
12.30 - 2.00		Open Session	Open	Just Turn Up
3.00 - 4.30	Almshouses, Dartford	Self - Management	Mindfulness Course	Contact Us

## Wednesdays

11.00 - 12.30	White Oak Centre, Swanley	Activity	Wellbeing Service	Just Turn Up
12.30 - 2.00		Open session	Open	Just Turn Up
2.00 - 4.00	Almshouses, Dartford	Self - Management	Time for Change Group	Contact Us

## Thursdays

10.30-12.30	Dartford Central Library	Peer Support Group	Book Group	Just Turn Up
12.00 - 1.30	YMCA, Dartford	Self -Management	Coping with Life Courses	Contact Us
2.00 - 4.00	Almshouses, Dartford	Group	Recovery Group	Contact Us

## Fridays

12.30—2.30	Adult Education Centre, Dartford	Activity	Computer Group	Contact Us
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## Saturdays

10.30 -12.30	Central Library, Dartford	Peer Led Session	Friendship Group	Just Turn Up
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**Theatre Group** : Join with your peers in our theatre group at Dartford's Orchard Theatre. Contact Kathy Noble

**Outdoor Activities:** We periodically run outdoor courses to connect with nature. For details of current Opportunities Contact Kathy Noble

Self-refer into our services by contacting us or turning up at an open session

**Service User Participation:** The Service User's Panel guides Wellbeing Services, and service users can speak to their representatives at various venues.