

Mind in Henley

New sessions for better mental health, friendship & support

October 2009



For better mental health

Date	Time	Programme	Location
Thurs 1st Oct	11.00am - 2.30pm 5pm - 7pm	Chess & draughts Café meeting	Christchurch URC Caffe Nero
Mon 5th Oct	10am - 2.30pm	Darts General Knowledge quiz Allotment	Christchurch URC
Thurs 9 Oct	11am - 2.30pm 5pm - 7pm	Board Games Café meeting	Christchurch URC Caffe Nero
Mon 12th Oct	12.30 - 2pm	Better Lives group: Session 2 - Helping Others	Christchurch URC
Thurs 15th Oct	11am - 2.30pm 5pm - 7pm	Pool & Snooker Café meeting	Christchurch URC Caffe Nero
Mon 19th Oct	11am - 12pm 12.30 - 2pm	General Meeting Workshop: Improving your self esteem Allotment	Christchurch URC
Thurs 22nd Oct	10am - 2.30pm 5pm - 7pm	Card games Word & number puzzles Café meeting	Christchurch URC Caffe Nero
Mon 26th Oct	11am - 12pm 12.30 - 2pm	Music quiz Workshop: Being assertive Allotment	Christchurch URC
Thurs 29th	11am - 2.30pm 5pm - 7pm	Table tennis Café meeting	Christchurch URC Caffe Nero