



For better
mental health

Mind in Wallingford Women Only Group

**A safe place for women to meet
others for support and friendship,
and to share ideas.**

Open:
Tuesdays
6.30pm-8.30pm

Address:
Centre 70, The Kinecroft
Wallingford
OX10 0DT

PROGRAMME JANUARY - MARCH 2010

5 January - Staying Well in Winter Months
12 January - Social Evening—call for details
19 January - Bring and Swap
26 January - Share and Support Group

Phone:
01491 826886
07999 537884

2 February - Women's health issues
9 February - Games night
16 February - Relaxation and pampering
23 February - Share and support group

Email:
mindinwalling-
ford@oxfordshire-mind.org.uk

2 March - Film discussion night
9 March - Massage
16 March - Programme planning and
welcome pack
23 March - Tai Chi taster
30 March - Share and Support



For other Oxfordshire Mind services call
01865 263730 www.oxfordshire-mind.org.uk

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