



Mind in Abingdon

Spring Programme (April to June 08)



Mind in Abingdon is a mental health community resource project promoting recovery and independence. We offer support, information, benefits advice, internet access and a range of activities and opportunities to help anyone affected by any type of mental health problem.

In the **MORNINGS** we are open access - just turn up. In the **AFTERNOONS** we run structured activities - book first.

Day	Mornings (10.00am - 1.00pm)	Afternoons (2.00 - 4.00pm)	Evenings
Mon	Open access	Call for details.	
Tues	Open access Creative arts	Creative arts Young People's Group	
Weds	Open access Café project 10.30 - 12.30	'Managing your Mind' Group 8 weeks starting 2 April 'Mindfulness' Group 6 weeks starting 25 June	
Thurs	Open access Roof top garden 11.00 - 12.00 Employment Skills 10.00	Music Group 24 April	Challenging Depression CBT Group 6.00 - 8.30pm 10 weeks starting 24 April
Fri	CLOSED	'Meet the team' events: 11 April, 9 May, 30 May, 6 June	

Address:

The Charter Complex
(up the steps opposite
the library)
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Oxfordshire Mind
Registered Charity Number 261476
Company Limited by Guarantee Number
4343625
Registered in England at registered office:
125 Walton Street Oxford OX2 6AH



For better
mental health

ALSO: **Pitt Rivers Museum Music and Art Group** - 6 weeks starting mid May - date tbc

LGBT Support Group - supportive group for adults 16 + who are Lesbian, Gay, Bisexual, Transgendered or questioning their sexuality - call 07510 221723 for further details.