

Group activities at East Hants Mind

Please note: You must have had an assessment with Mind before attending these groups

Courses in East Hants

Courses to which you will be invited to when a space becomes available.

Please note: Commitment to attend the full length of the course is required.

All course dates and times are subject to change, please check with Wellbeing Service, 02392 498916

Symptom Management	De-escalating techniques for anxiety and depression.	Tuesday 9.45am – 11.45am
Peer Support Coffee Morning	Informal Coffee and a chat	Wednesday 10.30am – 12pm
Symptom Management	De-escalating techniques for anxiety and depression.	Thursday 9.45am – 11.45am
NHS Health Visitors/Mind Post Natal Group Health Visiting clients only		Thursday Morning

Workshops in East Hants

Tips & Tools introductory workshops to which you will be invited to when a space becomes available.

All workshop dates and times are subject to change, please check with Wellbeing Service, 02392 498916

Building Self Esteem	Tips & tools for building self-esteem	Wednesday 1pm – 2.30pm
Food and Mood	Understanding the relationship between food and mood and the benefits of a healthy lifestyle	Wednesday 1pm – 2.30pm
Understanding Depression	Tips and tools for managing depression, negative thinking and low mood	Wednesday 1pm – 2.30pm
Stress Management	Tips & tools for managing stress appropriately	Wednesday 1pm – 2.30pm
Healthy Relationships	Looking at ourselves in relation to others	Wednesday 1pm – 2.30pm
Anxiety Management	Tips and tools for managing anxiety and panic attacks	Wednesday 1pm – 2.30pm