Hart and Rushmoor Well-being Centre, Farnborough - September 2023 Timetable 1 Clockhouse Road, Farnborough Hants, GU14 7QY

At the Hart and Rushmoor Well-being Centre, we provide recovery focused support for those who are struggling to maintain their mental health as well as their carers. You can be referred by your GP, other mental health organisation or you can self refer. You must live in the Hart and Rushmoor area to attend the service.

If you would like more information or to register please call us on 01252 317481 or email well-being hartandrushmoor@andovermind orguk

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Monday	Tuesday	Wednesday	Thursday	Friday
				01/09/2023
	05/09/2023	06/09/2023	07/09/2023	08/09/2023
	00/00/2020	00/00/2020	01700/2020	00/00/2020
	1 20mm 2 20mm Meditation Session			
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link)			1:30 - 2:30pm Creative Writing (face to face and online
	https://us02web.zoom.us/j/88067601552			see attached for the virtual link)
	<u>ппрѕ.//usozweb.zoom.us/µoooo7oo133z</u>			https://us02web.zoom.us/j/88067601552
	40/00/2000	40/00/00	44/00/2000	45/00/00
	12/09/2023	13/09/23	14/09/2023	15/09/23
			2.30pm - 3.30pm Tai Chi (face to face and online see	
	1.30pm - 2.30pm Meditation Session		attached for the virtual link)	100 000 5 5
	(face to face and online see attached for the virtual link)		https://us02web.zoom.us/j/85788435787	1.30pm - 2.30pm Peer Drop-in
	https://us02web.zoom.us/j/88067601552			
	12/22/22			
	19/09/2023	20/09/2023	21/09/2023	22/09/2023
	1.30pm - 2.30pm Meditation Session			
	(face to face and online see attached for the virtual link)			
	(lace to lace and online see attached for the virtual link)			
	https://us02web.zoom.us/j/88067601552			
	111200.174400EW05.200111.40/[100007400700E			
	26/09/23	27/09/23	28/09/23	29/09/23
			1:15pm - 2:15 pm Hybrid Quiz ((face to face and online	
			see attached for the virtual link)	
			https://us02web.zoom.us/j/89558717644?pwd=Qk9TUi9	
	1.30pm - 2.30pm Meditation Session		1WIIRY2hOUEc0UXFIZEJTUT09	13:30 - 14:30 Decider skills ()
	(face to face and online see attached for the virtual link)		1441111121100E000X112E010109	Please book your place
	(.a.ss rass and shims see attached for the virtual link)			(face to face and online see attached for the virtual link)
	https://us02web.zoom.us/j/88067601552		2.30pm - 3.30pm Tai Chi (face to face and online see	https://us02web.zoom.us/i/87329515441
			attached for the virtual link)	ps.//dooz.woo.zoom.do/j/o/ ozoo1044 1
			https://us02web.zoom.us/j/85788435787	
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