



Hillingdon Mind Groups

- Morning Social Monday 10.30am - 12pm*
- Hearing Voices Monday 1pm-2pm*
- Monday Relaxation and Mindfulness 3pm-4pm*
- Monday Evening Social 5 pm - 7 pm*
- Creative Art Tuesday 2.30- 4 pm*
- Job Hub Wednesday 11.30am - 12.30
- Wednesday Wellbeing Walk 2-3pm
- Asian Support Group 11am - 12.30pm
- Wednesday Evening Social 5-7pm
- Mindfulness Thursday 2-3pm*
- Over 55s Group Thursday 2-4pm
- Creative Writing Friday 10.30-12pm*
- Friday Quiz Nite 5pm-7pm*
- Saturday Mens Group 12-1pm
- Allotment Saturday 1.15-2.15pm

For more info Contact:

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01895 271 559

* DELIVERED ONLINE

hillingdonmind.org.uk

Registered charity no. 1045701

