







Woking Groups

All meet at CornerHouse Woking, 2 Courtenay Road, Woking, Surrey GU21 5HQ unless stated





Last updated on 9th January 2018. Please see www.cornerhouse.cc/diary for latest timetable

Group	Monday	Tuesday	Wednesday	Thursday	Friday
 Depression Support (mild to moderate depression)		7.00 – 9.00 pm		1.00 – 2.30pm	
 Wellbeing Group (more activity based)					9.30 – 11.30am At: Parkview Centre, Sheerwater GU21 5NZ
 Young Persons Group (18 – 25)	6.30 – 8.30pm				
Prenatal & Postnatal Depression Support Group	9.30am –11.30am At: Parkview Centre, Sheerwater GU21 5NZ. Creche Available.				
Mindfulness		1 st & 3 rd afternoon of every month 2.30 – 3.30pm 2 nd & 4 th evening of every month 7.00 – 8.00pm			
 Walking for Health www.walkingforhealth.org.uk/walkfinder/south-east/woking-health-walks tasha@cornerhouse.cc		Starter Walks (max 30 mins) 10.45 for a 11am start Meet as on website	10.45 for a 11am start Meet as on website		

Woking Groups Continued






CornerHouse

Group	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Woking Eating Disorder Support</p>				<p>Self Help Group 1st & 3rd of every month</p> <p>Carers Group 4th Thursday of each month 7.30 – 9.00pm</p>	
<p>Carers Support Groups For carers of people with mental ill health</p>		<p>Husbands/ Wives/ Partners 3rd Tuesday of every month 7.00 – 9.00pm</p>		<p>All Carers 2nd Thursday of every month 7.00 – 9.00pm</p>	
<p>Woking Mind jilly@wokingmind.org.uk Tel: 07860 340 739</p> 	<p>Drop In 10.00 – 1.00pm</p>	<p>Walking Group 10.00 – 1.00pm</p>	<p>Lift Up Drop In 10.00 – 2.00pm</p>		
 <p>Asian Women Support</p>	<p>Yoga & Swimming – contact SHIFA for details</p>	<p>Living Life in the UK 09:30 – 12:30pm</p> <p>Computer/iPad 1pm – 3pm</p>		<p>ESOL 9.30 – 12.30pm</p>	<p>Drop in & ESOL 9.30 – 12.30pm</p>
 <p>Collectively break mental health stigma, raise awareness and funds</p>				<p>1st Thursday of month 3.00 – 4.30pm</p>	
<p>Release...</p> <p>Anxiety Support Group</p>				<p>Thursdays 6.30 -8.30 pm</p>	
<p>Safe Haven Out of hours drop-in centre, for anyone experiencing a mental health crisis or emotional distress</p>	<p>Monday to Friday: 6.00 – 11.00pm & Saturday, Sunday and Bank Holidays: 3.00 – 8.00pm</p> <p>At: The Prop, 30 Goldsworth Rd, Woking, GU21 6JT</p>				

Runnymede & Spelthorne Groups

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Group	Monday	Tuesday	Wednesday	Thursday
 Depression Support (mild to moderate depression)			12.30 – 2.30pm Stanwell Community Centre, Mulberry Ave, Stanwell TW19 7SF 7.30 – 9.00pm Addlestone Community Centre, Garfield Road, KT15 2NJ	
 Wellbeing Group (activity based)	1.00 – 2.30pm At: Virginia Lodge 68a Station Road, Egham TW20 9LF			
 Walking For Health www.walkingforhealth.org.uk/walkfinder/south-east/woking-health-walks tasha@nextsteps.me.uk		10.45 for a 11am start <i>Meet as on website</i>		
<div style="background-color: #800080; color: white; padding: 5px; text-align: center;"> Eating Disorder Support </div>				2.00 – 3.30pm Location to be confirmed

For more information or to self refer please contact CornerHouse on 01483 757461 or email info@cornerhouse.cc

Other useful contact organisations:

- Richmond Fellowship – Employment support. Contact: 01932 910942
- Catalyst & Welcome Project - 01483 590150