







Woking Groups

All meet at CornerHouse Woking, 2 Courtenay Road, Woking, Surrey GU21 5HQ unless stated
Last updated on 28th February 2018. Please see www.cornerhouse.cc/diary for latest timetable

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Depression Support (mild to moderate depression)		7.00 – 9.00 pm		1.00 – 2.30pm		Next Steps peer led Social activities for people attending a CornerHouse group
 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				Speak to group facilitator or email nextstepssocial@gmail.com for details
 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		