





Woking Groups Continued



Group	Monday	Tuesday	Wednesday	Thursday	Friday
				Self Help Group 1 st & 3 rd of every month Carers Group 4 th Thursday each month 7.30 – 9.00pm	
Carers Support Groups For carers of people with mental ill health		Husbands/ Wives/ Partners 3 rd Tuesday of every month 7.00 – 9.00pm		All Carers 2 nd Thursday of every month 7.00 – 9.00pm	
Woking Mind info@wokingmind.org.uk	Drop In 10.00 – 2.00pm	Walking Group & Film Club 10.00 – 2.00pm	Lift Up Drop In 10.00 – 2.00pm		
 Asian Women Support info.shifawoking@gmail.com	Yoga & Swimming – contact SHIFA for details	Living Life in the UK 09:30 – 12:30pm Computer/iPad 1pm – 3pm		ESOL 9.30 – 12.30pm	Drop in & ESOL 9.30 – 12.30pm
 Break mental health stigma, raise awareness and funds				1st Thursday of month 4.00 – 5.00pm	
 Anxiety Support Group				Thursdays 6.30 -8.30 pm	
Safe Haven Out of hours drop-in centre, for anyone experiencing a mental health crisis or emotional distress	Monday to Friday: 6.00 – 11.00pm & Saturday, Sunday and Bank Holidays: 3.00 – 8.00pm At: The Prop, 30 Goldsworth Rd, Woking, GU21 6JT				