




Runnymede & Spelthorne Groups

Last updated on 28th February 2018. Please see www.cornerhouse.cc/diary for latest timetable

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

Group	Monday	Tuesday	Wednesday	Thursday
 Depression Support (mild to moderate depression)			<p style="text-align: center;">12.30 – 2.30pm Stanwell Community Centre, Mulberry Ave, Stanwell TW19 7SF</p> <p style="text-align: center;">7.30 – 9.00pm Addlestone Community Centre, Garfield Road, KT15 2NJ</p>	
 Wellbeing Group (activity based)	<p style="text-align: center;">1.00 – 2.30pm At: Virginia Lodge 68a Station Road, Egham TW20 9LF</p>			
 Walking For Health www.walkingforhealth.org.uk/walkfinder/south-east/woking-health-walks tasha@cornerhouse.cc		<p style="text-align: center;">1:15pm for a 1:30pm start <i>Meet as on website</i></p>		
<div style="background-color: #800040; color: white; padding: 5px; display: inline-block;">Eating Disorder Support</div>				<p style="text-align: center;">2.00 – 3.30pm Addlestone Community Centre, Garfield Road, KT15 2NJ</p>

Other useful contact organisations:

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