





Woking Support Programmes Continued

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

Last updated on 27th June 2018. Please see www.cornerhouse.cc/diary for latest timetable

Group	Monday	Tuesday	Wednesday	Thursday	Friday
 Eating Disorder Support Eating Disorder Self Help and Carers Support				Eating Disorder Support 1 st & 3 rd of every month 7.30pm – 9pm Eating Disorder Carer Group 4 th Thursday each month 7.30pm – 9pm	
Carers Support For carers of people with mental ill health		Husbands/ Wives/ Partners 3 rd Tuesday each month 7pm – 9pm		All Carers 2 nd Thursday each month 7pm – 9pm	
 Woking Mind info@wokingmind.org.uk	Drop In 10am – 2pm	Walking Group & Film Club 10am – 2pm	Lift Up Drop In 10am – 2pm		
 Asian Women Support info.shifawoking@gmail.com	Yoga & Swimming contact SHIFA for details	Living Life in the UK course 9:30am – 12:30pm		Drop in & ESOL 9.30am – 12.30pm	Drop in & ESOL 9.30am-12.30pm
 Break mental health stigma, raise awareness and funds				Linking Minds 1st Thursday of month 4pm – 5pm	
Woking Safe Haven Out of hours drop-in centre, for anyone experiencing a mental health crisis or emotional distress	Monday to Friday: 6pm – 11pm. Saturday, Sunday and Bank Holidays: 3pm – 8pm At: The Prop, 30 Goldsworth Rd, Woking, GU21 6JT				