



Woking Support Programmes

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



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Depression & Anxiety Support</p> <p>(mild to moderate depression)</p> 	<p>Perinatal & Postnatal Depression Support 9.30am – 11.30am At: Parkview Centre, Sheerwater GU21 5NZ. Pre-book free creche on 01483 730517</p>	<p>Managing Depression & Anxiety 7pm – 9pm</p>		<p>Managing Mental Health & Wellbeing 1pm – 2.30pm</p> <p>Living with Anxiety 6:30pm – 8:30pm</p>		<p>Peer led Social activities for people attending a CornerHouse service</p> <p>Speak to staff or email nextstepssocial@gmail.com for details</p>
<p>Activity Based Wellbeing Group</p>					<p>Managing Emotions 9.30 – 11.30am At: Parkview Centre, Sheerwater GU21 5NZ</p>	
<p>Young Persons Group (18 – 25)</p>	<p>Managing Relationships & Emotional Resilience 6.30pm – 8.30pm</p>					
<p>Mindfulness Approaches to Emotional Resilience and Stress</p>		<p>1st & 3rd each month 2.30pm – 3.30pm</p> <p>2nd & 4th each month 7pm – 8pm</p>				
 <p>Rambles Walking for Health</p> <p>www.walkingforhealth.org.uk/walkfinder/south-east/woking-health-walks</p>		<p>Starter Walk (max 30 mins)</p> <p>10.45 for a 11am start</p> <p><i>Meet as on website</i></p>	<p>Regular Walk (max 90 mins)</p> <p>10.45 for a 11am start</p> <p><i>Meet as on website</i></p>			