





## Woking Support Programmes Continued

**All meet at CornerHouse Woking, 2 Courtenay Road, Woking, Surrey GU21 5HQ unless stated**  
**Last updated on 5<sup>th</sup> September 2018. Please see [www.cornerhouse.cc/diary](http://www.cornerhouse.cc/diary) for latest timetable**

Group	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Eating Disorder Support</b>  <b>Eating Disorder Self Help and Carer Support</b>				<b>Eating Disorder Support</b> 1 <sup>st</sup> & 3 <sup>rd</sup> of every month 7.30pm – 9pm  <b>Eating Disorder Carer Group</b> 4 <sup>th</sup> Thursday each month 7.30pm – 9pm	
<b>Carer Support</b> For carers of people experiencing mental ill health		<b>Husbands/ Wives/ Partners</b> 3 <sup>rd</sup> Tuesday each month 7pm – 9pm		<b>All Carers</b> 2 <sup>nd</sup> Thursday each month 7pm – 9pm	
 <b>Woking Mind</b> 07860 340 739 info@wokingmind.org.uk	<b>Drop In</b> 10am – 2pm	<b>Walking Group &amp; Film Club</b> 10am – 2pm	<b>Lift Up Drop In</b> 10am – 2pm		
See <a href="http://www.wokingmind.org.uk/news/category/activity-schedules/">www.wokingmind.org.uk/news/category/activity-schedules/</a> for activity schedule details					
 <b>Asian Women Support</b> 07897 316978 info.shifawoking@gmail.com	<b>Yoga &amp; Swimming</b> contact SHIFA for details		<b>Living Life in the UK course</b> 9:30am – 12:30pm	<b>Drop in &amp; ESOL</b> 9.30am – 12.30pm	<b>Drop in &amp; ESOL</b> 9.30am-12.30pm
 Break mental health stigma, raise awareness and funds				<b>Linking Minds</b> 1st Thursday of month 4pm – 5pm	
<b>Woking Safe Haven</b> Out of hours drop-in centre, for anyone experiencing a mental health crisis or emotional distress	<b>Monday to Friday: 6pm – 11pm      Saturday, Sunday and Bank Holidays: 3pm – 8pm</b> At: The Prop, 30 Goldsworth Road, Woking, GU21 6JT				