





Woking Support Programmes Continued

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

Group	Monday	Tuesday	Wednesday	Thursday	Friday
 Eating Disorder Support Eating Disorder Self Help and Carer 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	
Carer Support For carers of people experiencing mental ill health		Husbands/ Wives/ Partners 3 rd Tuesday each month 7pm – 9pm		All Carers 2 nd Thursday each month 7pm – 9pm	
 Woking Mind 07860 340 739 info@wokingmind.org.uk	Drop In 10am – 2pm	Walking Group & Film Club 10am – 2pm	Lift Up Drop In 10am – 2pm		
See www.wokingmind.org.uk/news/category/activity-schedules/ for activity schedule details					
 Asian Women Support 07897 316978 info.shifawoking@gmail.com	Yoga & Swimming contact SHIFA for details		Driving Theory 9:30am – 11:30am Life in the UK course 12pm – 2pm	Drop in & ESOL 9.30am – 12.30pm	Drop in & ESOL 9.30am-12.30pm
 Break mental health stigma, raise awareness and funds				Linking Minds 1 st Thursday of month 4pm – 5pm	
Woking Safe Haven Out of hours drop-in centre, for anyone experiencing a mental health crisis or emotional distress	Open 6pm – 11pm 365 days a year At: The Prop, 30 Goldsworth Road, Woking, GU21 6JT				