

Self-Management Course	Times	Start Date	End	Duration
Anxiety Management	10:00 - 12:00	Monday 4 <sup>th</sup> June 2018	Monday 23 <sup>rd</sup> July 2018	8 Weeks
Understanding Anger	1:00 – 3:00	Monday 18 <sup>th</sup> June 2018	Monday 6 <sup>th</sup> August 2018	8 Weeks
Rolling Recovery	10:00 - 12:00	Ongoing Every Tuesday		
Depression Management	1:00 – 3:00	Wednesday 20 <sup>th</sup> June 2018	Wednesday 8 <sup>th</sup> August 2018	8 Weeks
My Generation	11:00 – 1:00	Thursday 21 <sup>st</sup> June 2018	Thursday 9 <sup>th</sup> August 2018	8 Weeks
Confidence Building	10:00 - 12:00	Friday 22 <sup>nd</sup> June 2018	Friday 10 <sup>th</sup> August 2018	8 Weeks
<b>Self-Management Courses and groups are free there is a charge of 50p per cup of tea / coffee and £3.50 for craft.</b>				
Activity Group	Times	Day / Date		
Photography Workshop	10:00 – 12:00	Creative Therapies 12 week project starting Monday 21 <sup>st</sup> May 2018		
Relaxation	1:00 - 2:00	Every Tuesday		
Art New	1:00 - 3:00	Every Tuesday		
Creative Writing	1:00 - 3:00	Every Tuesday		
Men's Fitness	2:00 – 4:00	Every Tuesday starting 3 <sup>rd</sup> July 2018 Meeting at Newport Mind. Dress for physical activity		
Run and Talk	2:00 – 4:00	Couch to 5k 9 week programme starting Wednesday 30 <sup>th</sup> May 2018. Meeting at Newport Mind. Dress for physical activity		
Singing	10:00 - 12:00	Every Wednesday		
Walking	1:00 - 4:00	Every Wednesday		
Music Appreciation	1:00 - 3:00	Every fortnight on Wednesdays		
Men's Group	1:00 - 3:00	Every fortnight on Wednesdays		
Craft	10:00 - 1:00	Every Thursday		
Allotment	12:00 - 2:00	Every Thursday at Ladyhill Allotments Alway		
Positive Memories	1:30 – 3:30	Starting Friday 22 <sup>nd</sup> June 2018 for 8 weeks		
Women's Group	Mondays 10:30-12:30 / Wednesdays 1:30-3:30 Structured / Fridays Activity group 10:30-12:30			

**If you are interested in attending any of the courses or require any further information please call the Newport Mind Office on 01633 258741 or email [enquiries@newportmind.org](mailto:enquiries@newportmind.org)**