

Self-Management Course	Times	Start Date	End	Duration
Understanding Anger	1:30 - 3:30	Tuesday 14th January 2020	Tuesday 4th February 2020	4 Weeks
Rolling Recovery	10:00 - 12:00	Ongoing Every Tuesday		
My Generation	11:00 - 1:00	Dates TBC		
Depression Management	1:30 – 3:30	Wednesday 15th January 2020	Wednesday 5th February 2020	4 Weeks
Anxiety Management / Confidence combined	10:00 - 12:00	Friday 17th January 2020	Friday 21st February 2020	6 Weeks
Self-Management Courses and groups are free with a charge of 50p per cup of tea / coffee and a charge of £3.50 for craft per week				
Activity Group	Times	Day / Date		
Events	1:30 - 3:30	Every Monday to discuss attending events in and around Newport		
Allotment	10:00 - 12:00	Every Monday Ladyhill Allotments Alway		
BAME Together for Wellbeing	1:30 - 3:30	Every Monday		
Relaxation	12:00 - 1:00	Every Tuesday		
Experiential Music	10:00 – 12:00	Every Tuesday		
Newport Mind Writers	1:30 - 3:30	Every Tuesday		
Art Structured	1:30 - 3:30	Every Tuesday		
Singing	10:00 - 12:00	Every Wednesday		
Mindful Knitting	10:00 - 12:00	Every Wednesday		
Mindful Walking	1:30 - 3:30	Last Wednesday of every month starting 22nd January 2020		
Craft Group	10:00 - 12:00	Every Wednesday		
Fitness for Wellbeing	10:00 -12:00	Every Thursday starting 16th Januray 2020		
Art free style	10:00 - 12:00	Every Thursday		
Photography	1:30 - 3:30	Every Thursday		
Men's Group	10:00 - 12:00	Every Friday		
Music Appreciation	1:30 - 3:30	Every Friday		
Positive Memories	1:30 - 3:30	Every Friday		
Women's Group		Monday 10:00-12:00 Wednesday 1:30 - 3:30 Structured		
Please contact enquiries@newportmind.org or give us a call on 01633 258741 for more information on any of the groups and courses				