

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE CENTRE PROGRAMME



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
10.00am - 5.00pm	Closed	10.30am - 4.30pm	10.30am - 4.30pm	11.00am - 4.00pm	10.30am - 4.00pm
Social Day Roast Dinner available	Closed 12.00 - 2pm Fortnightly Reachout Group For more info contact Reachout on 01892 676285	Activities Day 11am - 12.30pm Computer Tuition Cookery Group Needlecraft Group	Activities Day 11am - 12.30pm Art Workshop Gardening Group Computer Tuition	Social Day 10am - 12pm Pottery At Adult Education	Monthly Outings by Minibus or public transport
Lunch (Prepared by Members and Staff)		1pm Lunch (Prepared by Cookery Group)	No Lunch available	1pm Lunch (Prepared by Members)	
12pm - 1.30pm Citizen Advice Bureau Rep Social Day		2pm - 3pm Badminton (St John's sports centre) Computer Tuition Men's Group Women's Group 3pm - 4.30pm Social time	2pm - 3pm Creative Writing 1.30 - 4pm Walking Group 3pm - 4.30pm Social time 6pm - 7.30pm MDF meeting. 1 st Thurs Bi monthly	Social Day 2.30pm - 3.30pm Yoga At Camden Centre	Monthly Outings by Minibus or public transport

(Activities and Groups subject to change)

(Individual Community Support by arrangement)

Free Counselling Service available. Contact 01892 539422.