

April 2023

Monday 3rd

Counselling Group

Compassion Fatigue

10.30am-11.45am

Pampisford Road

May 2023

Monday 15th

Counselling Group

Health and Wellbeing

10.30am-11.45am

Pampisford Road

June 2023

Monday 5th

Counselling Group

Managing Thoughts
and Keeping Positive

10.30am-11.45am

Pampisford Road

July 2023

Monday 3rd

Counselling Group

Tips on Surviving as a
Carer

10.30am-11.45am

Pampisford Road

August 2023

Monday 7th

Counselling Group

Raising Self-Esteem

10.30am-11.45am

Pampisford Road

September 2023

Monday 4th

Counselling Group

Resilience

10.30am-11.45am

Pampisford Road

October 2023

Thursday 5th

Counselling Group

Self Compassion

10.30am-11.45am

Pampisford Road

November 2023

Thursday 2nd

Counselling Group

Mindfulness

10.30am-11.45am

Pampisford Road

December 2023

Thursday 7th

Counselling Group

Coping with Extended
Stress

10.30am-11.45am

Pampisford Road

****Pre-booking is essential as spaces are limited****

Please phone the Counselling Service on 0208 763 2064 or email counselling@mindincroydon.org.uk to pre-book and for further information.

Address/Venue for the Groups

Mind in Croydon, 26 Pampisford Road, Purley, CR8 2NE

Carers Support

If you are a carer for someone with a mental health issue, please contact Angela Christinis for support 020 8688 1210 or email: carers.support@mindincroydon.org.uk