

Feb 2024

Thursday 1st
Counselling Group
Managing Worry
10.30am-11.45am
Pampisford Road

March 2024

Thursday 7th
Counselling Group
OCD
10.30am-11.45am
Pampisford Road

April 2024

Thursday 4th
Counselling Group
Panic Attacks
10.30am-11.45am
Pampisford Road

May 2024

Thursday 2nd
Counselling Group
Health and Wellbeing
10.30am-11.45am
Pampisford Road

June 2024

Thursday 6th
Counselling Group
**Managing Thoughts &
Keeping Positive**
10.30am-11.45am
Pampisford Road

July 2024

Thursday 4th
Counselling Group
Self Compassion
10.30am-11.45am
Pampisford Road

August 2024

Thursday 1st
Counselling Group
Raising Self-Esteem
10.30am-11.45am
Pampisford Road

September 2024

Thursday 5th
Counselling Group
Sleep
10.30am-11.45am
Pampisford Road

October 2024

Thursday 3rd
Counselling Group
**Understanding the
Stress of Caring**
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 Lizzy Saunders for support 020 8688 1210 (option 3) or email: carers.support@mindincroydon.org.uk