

Groups and Peer Support

UPCOMING CLOSURES

We will be closed to drop ins on bank holidays.

Volunteering

Volunteering is a great way to gain experience and to connect with others. We currently have the below vacancies:

- Reception volunteer
- Form Filling volunteer
- Support volunteer

If you are interested, please enquire with our advice team!

Sound Healing Sessions

Sound Healing is a powerful therapy that combines different healing sounds, music, and instruments to trigger a relaxation response and helps with symptoms of chronic stress.

Sessions on **Fridays** from **1pm – 1.45pm.**

SIGN UP NOW!

Qigong Sessions

Qigong is a set of slow, gentle exercises for improving Health, Energy and Awareness. It is suitable for all ages and levels of mobility. Many of the exercises can be done sitting down and no previous experience is needed.

Sessions running on **Fridays** from **11am – 12.30pm.**

SIGN UP NOW!

Art for Wellness

Unlock the power of creativity to support your mental wellbeing. Unwind and, explore self-expression and enjoy the process of making art. No pressure, just creativity!

Sessions running on **Tuesdays – 10am – 12pm**

SIGN UP NOW!

Connect & Cope Group

Run in collaboration with the Recovery Space and Advice Team. Sessions cover anxiety, sleep, bereavement, stress, low mood, and self-esteem.

Sessions running on **Thursdays - 14:30-16:00**

SIGN UP NOW!

Tranquil Tuesdays

Run in collaboration with the Recovery Space. Sessions focus on mindfulness and meditation techniques to help you to relax, reduce anxiety, lower stress levels, achieve a state of calmness, and improve overall emotional wellbeing.

Sessions running on **Tuesdays - 15:30-16:30**

SIGN UP NOW!

Psychoeducation groups

In collaboration with our clinical psychology team, we run a series of psychoeducation groups throughout the year, covering topics such as:

- Managing Emotions,
- Compassion-focused Therapy,
- and Acceptance and Commitment Therapy (ACT).

Please enquire with our advice team!

Drop in support

Domestic Abuse Support

Did you know that we are a safe space to access if you are experiencing domestic abuse? We will be joined on **Thursday 24th April** by a representative from FJS.

DROP IN!

Mind in Croydon Carer's Support

If you are looking after someone with a mental health condition and want to find out what support is available to you

Thursday 17th April

10:00-13:00

DROP IN!

Status Employment Drop in

Get advice and support from mental health supported employment specialists.

Every Other Monday
Dates TBC

10:00-13:00

DROP IN!

Department of Work and Pensions drop in

Expert advice and guidance with a DWP specialist.

Every Other Friday
11th and 25th April

10:00-13:00

DROP IN!

Mind in Croydon Advocacy awareness drop in

Speak to an independent mental health advocate about your rights.

Friday 4th April

10:00 – 11:00

DROP IN!

Form filling support

Do you need support to complete an application form?

- Benefit forms e.g. Personal independence Payment
- Travel concession forms e.g. Blue Badge

We offer form filling support via **appointment only!**

Benefits Support

Welfare Benefits Advice

In partnership with Mind Welfare Benefits team.

Phone appointments available every **Monday** and **Thursday**

9:30-15:30



IN PARTNERSHIP WITH



mind in Croydon



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		1 Drop in 10:00-13:00 10-12: Art for Wellness 3.30pm: Tranquil Tuesday	2 Drop in 10:00-13:00	3 Drop in 10:00-13:00 14:30: Connect & Cope Welfare Benefits	4 Drop in 10:00-13:00 10-11: Advocacy drop in 11:00 – 12.30: Qigong 13:00: Sound Healing	5 Drop in 10:00-13:00
6 Closed	7 Drop in 10:00-13:00 Welfare Benefits	8 Drop in 10:00-13:00 10-12: Art for Wellness 3.30pm: Tranquil Tuesday	9 Drop in 10:00-13:00	10 Drop in 10:00-13:00 14:30: Connect & Cope Welfare Benefits	11 Drop in 10:00-13:00 10-1: DWP Drop in 11:00 – 12.30: Qigong 13:00: Sound Healing	12 Drop in 10:00-13:00
13 Closed	14 Drop in 10:00-13:00 Welfare Benefits	15 Drop in 10:00-13:00 10-12: Art for Wellness 3.30pm: Tranquil Tuesday	16 Drop in 10:00-13:00	17 Drop in 10:00-13:00 10-1: Carer's drop in 14:30: Connect & Cope Welfare Benefits	18 Drop in 10:00-13:00 11:00 – 12.30: Qigong 13:00: Sound Healing	19 Drop in 10:00-13:00
20 Closed	21 Drop in 10:00-13:00 Welfare Benefits	22 Drop in 10:00-13:00 10-12: Art for Wellness 3.30pm: Tranquil Tuesday	23 Drop in 10:00-13:00	24 Drop in 10:00-13:00 10-1: FJS drop in 14:30: Connect & Cope Welfare Benefits	25 Drop in 10:00-13:00 10-1: DWP Drop in 11:00 – 12.30: Qigong 13:00: Sound Healing 14:00: Carer's Forum	26 Drop in 10:00-13:00
27 Closed	28 Drop in 10:00-13:00 Welfare Benefits	29 Drop in 10:00-13:00 10-12: Art for Wellness 3.30pm: Tranquil Tuesday	30 Drop in 10:00-13:00	<p style="text-align: center;">Drop in 10:00-13:00 Monday-Saturday Phone line open 10:00-17:00 Monday-Saturday Unit 1101-1102 Whitgift Centre, Croydon (next to Holland & Barrett) 020 3154 9539 chws@mindincroydon.org.uk</p>		