

1<sup>st</sup> Thursday of every month

January 2026	February 2026	March 2026	April 2026
<b>Thursday 8<sup>th</sup></b> Understanding Mental Health Problems 10.30am-12pm	<b>Thursday 5<sup>th</sup></b> Bereavement and Loss 10.30am-12pm	<b>Thursday 5<sup>th</sup></b> Understanding Depression 10.30am-12pm	<b>Thursday 2<sup>nd</sup></b> Taking a Break 10.30am-12pm
May 2026	June 2026	July 2026	August 2026
<b>Thursday 7<sup>th</sup></b> The Carer Hat 10.30am-12pm	<b>Thursday 4<sup>th</sup></b> Manage Challenging Behaviour 10.30am-12pm	<b>Thursday 2<sup>nd</sup></b> Caring for You the Carer 10.30am-12pm	<b>Thursday 6<sup>th</sup></b> Coping with Extended Stress 10.30am-12pm
September 2026	October 2026	November 2026	December 2026
<b>Thursday 3<sup>rd</sup></b> Mindfulness 10.30am-12pm	<b>Thursday 1<sup>st</sup></b> Managing Thoughts and Keeping Positive 10.30am-12pm	<b>Thursday 5<sup>th</sup></b> Resilience 10.30am-12pm	<b>Thursday 3<sup>rd</sup></b> Surviving Christmas as a Carer 10.30am-12pm

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

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

### Address/Venue for the Groups

Orchard House, 15a Purley Road, South Croydon, CR2 6EZ

### Carers Support

If you are a carer for someone with a mental health issue, please contact Annette for support 020 8688 1210 (option 3) or email: [carers.support@mindincroydon.org.uk](mailto:carers.support@mindincroydon.org.uk)