

Groups and Peer Support

UPCOMING CLOSURES

We are closed on **bank holidays**.

EVENTS CALENDAR

To find out when exactly our groups, advice clinics, workshops and one-off events are happening throughout the month – flip the page and check out our events calendar!

Scan the QR code to join our Whatsapp channel!



Kundalini Yoga

Kundalini Yoga combines breath, movement and sounds to bring you peace and energy.

It is suitable for beginners and those who are experienced.

Sessions running fortnightly on **Mondays 10am – 11.30am.**

SIGN UP NOW!

Sound Healing

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 running on **Tuesdays 1pm – 1.45pm.**

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 - 14:30-15:30**

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 fortnightly on **Thursdays - 14:00-16:00**

SIGN UP NOW!

Connect & Cope – Skills Lab

Our skills lab is a safe and supportive environment to practice coping strategies, enhance resilience, and strengthen emotional wellbeing.

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

SIGN UP NOW!

Qigong

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 10am – 11.15am, then 11.30am – 12.45pm.**

SIGN UP NOW!

Mindful Movements

Run in collaboration with Active Minds.

Breathe, stretch, and learn strategies to be in the moment.

Sessions running on **Fridays - 13:00-14:00**

SIGN UP NOW!

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 by a representative from FJS on:

Thursday 24th September

DROP IN!

Mind in Croydon Carer's Support

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

Wednesday 30th September

10:00-13:00

DROP IN!

Status Employment Support

Get advice and support from mental health supported employment specialists.

Postponed until further notice

10:00-13:00

BOOK NOW!

Mind in Croydon Advocacy Support

Speak to an independent mental health advocate (IMHA) about your rights.

Monday 7th September

10:00 – 11:00

DROP IN!

Tenants Advice Support

Are you living in an unfit or unsafe home and being ignored by your landlord?

Tenants Advice may be able to help!

Wednesday 16th September

10:00 – 13:00

BOOK NOW!

Benefits Support Volunteering

Guidance Workshops

Do you need support to complete an application form?

- Housing Benefit and Council Tax Support
- Housing Register
- Form Filling Guidance (e.g. PIP, WCA50, etc.)

We now offer advice and guidance via monthly workshops.

SIGN UP NOW!

Are you wanting to make a difference in your community?

Volunteering is a great way to gain experience and to connect with others.

We are currently looking for volunteers who are able to support with form filling!

If you are interested in volunteering with us, **please enquire via email:**

**chwsvolunteering@mindi
ncroydon.org.uk**

IN PARTNERSHIP WITH



mind in Croydon



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Drop in 10:00-13:00 13:00: Sound Healing 2.30pm: Tranquil Tuesday	2 Drop in 10:00-13:00 2:30pm: Workshop Wednesdays - Housing Benefit and Council Tax Support	3 Drop in 10:00-13:00 14:30: Connect & Cope – skills lab	4 Drop in 10:00-13:00 10:00 – 12.45: Qigong 13:00: Mindful Movements	5 Closed to drop ins
6 Closed	7 Drop in 10:00-13:00 10-11: Advocacy drop in 10 - 11.30: Kundalini Yoga 2:30pm: Workshop Mondays – PIP Form Guidance	8 Drop in 10:00-13:00 13:00: Sound Healing 2.30pm: Tranquil Tuesday	9 Drop in 10:00-13:00	10 Drop in 10:00-13:00 14:00: Connect & Cope	11 Drop in 10:00-13:00 10:00 – 12.45: Qigong 13:00: Mindful Movements	12 Closed to drop ins
13 Closed	14 Drop in 10:00-13:00	15 Drop in 10:00-13:00 13:00: Sound Healing 2.30pm: Tranquil Tuesday	16 Drop in 10:00-13:00 10-1: Tenants Advice 2:30pm: Workshop Wednesdays – Housing Register applications	17 Drop in 10:00-13:00 14:30: Connect & Cope – skills lab	18 Drop in 10:00-13:00 10:00 – 12.45: Qigong 13:00: Mindful Movements	19 Drop in 10:00-13:00
20 Closed	21 Drop in 10:00-13:00 10 - 11.30: Kundalini Yoga 2:30pm: Workshop Wednesdays – WCA50 Form Guidance	22 Drop in 10:00-13:00 13:00: Sound Healing 2.30pm: Tranquil Tuesday	23 Drop in 10:00-13:00 11.30am-1pm: Art Workshop	24 Drop in 10:00-13:00 10-1: FJS drop in 14:00: Connect & Cope	25 Drop in 10:00-13:00 10:00 – 12.45: Qigong 13:00: Mindful Movements	26 Closed to drop ins
27 Closed	28 Drop in 10:00-13:00 12pm-1pm: Women's Circle	29 Drop in 10:00-13:00 13:00: Sound Healing 2.30pm: Tranquil Tuesday	30 Drop in 10:00-13:00 10-1: Carer's drop in	We are open 10:00-13:00 Monday-Saturday Phone line open 10:00-17:00 Monday-Saturday Unit 1101-1102 Whitgift Centre, Croydon (next to The Works) 020 3154 9539 chws@mindincroydon.org.uk		