

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!



Groups and Peer Support

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.

The session has been temporarily paused to allow materials to be refreshed.

Connect & Cope – Skills Lab

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

The session has been temporarily paused to allow materials to be refreshed.

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 29th October
10:00-13:00
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 28th October
10:00-13:00
DROP IN!

Status Employment Support

Get advice and support from mental health supported employment specialists.

Postponed until further notice

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 21st October
10:00 – 13:00
BOOK NOW!

Benefits Support

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!

Volunteering

Are you wanting to make a difference in your community?

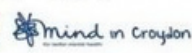
Volunteering is a great way to gain experience and to connect with others.

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@mindincroydon.org.uk

IN PARTNERSHIP WITH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2 10:00 -11:15 Qigong 11:30 -12:45 Qigong 13:00 - 14:00 Mindful Movements	3 Closed to drop ins	4 CLOSED
5 10:00 - 11:30: Kundalini Yoga	6 13:00: Sound Healing 14:00: Tranquil Tuesday	7 14:30: Workshop Wednesdays - Housing Benefit and Council Tax Form Guidance	8	9 10:00 -11:15 Qigong 11:30 -12:45 Qigong 13:00 - 14:00 Mindful Movements	10 Closed to drop ins	11 CLOSED
12 14:30: Workshop Mondays – PIP Form Guidance	13 11:00 - 12:30: Art for Wellness 13:00: Sound Healing 14:00 Tranquil Tuesday	14	15 Closed to drop ins	16 Closed to drop ins 10:00 -11:15 Qigong 1:30 -12:45 Qigong 13:00 - 14:00 Mindful Movements	17 Closed to drop ins	18 CLOSED
19 10:00 - 11:30: Kundalini Yoga	20 13:00: Sound Healing 14:00: Tranquil Tuesday	21 10:00-13:00: Tenants Advice 14:30: Workshop Wednesdays - Housing Register/Transfer Form Guidance	22	23 13:00 - 14:00 Mindful Movements	24 Closed to drop ins	25 CLOSED
26	27 13:00: Sound Healing 2.30pm: Tranquil Tuesday	28 10:00 - 13:00: Carer's Drop-in	29 10:00 - 13:00: FJS Drop-in	30 13:00 - 14:00 Mindful Movements	31 Closed to drop ins	We are open 10:00-13:00 Monday-Saturday Phone line open 10:00-17:00 Monday-Saturday Unit 1101-1102 WhitgiftCentre, Croydon (next to The Works)