

If you are experiencing mental or emotional distress, we offer the following services in your area:

Day	Venue	Course Title	Time	Start - End Dates
<b>Monday</b>	Roman Fields School	Art	09:30 - 11:30	09.01.12 - 26.03.12
	Dacorum Well-Being Centre	Women's Coffee Morning	10:00 - 12:00	09.01.12 - 26.03.12
	Dacorum Well-Being Centre	Self Supporting Carers Group	10:30 - 12:00	Ongoing
	Roman Fields School	Yoga 1	12:00 - 13:15	09.01.12 - 26.03.12
	Roman Fields School	Yoga 2	13:30 - 14:45	09.01.12 - 26.03.12
	Roman Fields School	Art & Craft 1	12:30 - 14:30	09.01.12 - 26.03.12
	Roman Fields School	Art & Craft 2	15:00 - 17:00	09.01.12 - 26.03.12
	Dacorum Well-Being Centre	Self Supporting 3D Group	13:30 - 15:30	Ongoing
	Dacorum Well-Being Centre	Re-Mind	18:00 - 20:00	Ongoing
	<b>Tuesday</b>	Warners End Community Centre	Dancing for Over 50s	10:15 - 12:15
Dacorum Well-Being Centre		Women's Well-Being Workshop	10:30 - 12:00	17.01.12 - 21.02.12
Dacorum Well-Being Centre		Meeting Place	12:30 - 15:00	Ongoing
<b>Wednesday</b>	Dacorum Well-Being Centre	Confidence Building	10:30 - 12:30	11.01.12 - 22.02.12
	Dacorum Well-Being Centre	Anxiety Management	10:30 - 12:30	29.02.12 - 04.04.12
	Roman Fields School	Women's Needlecraft	10:30 - 12:30	11.01.12 - 28.03.12
	Roman Fields School	Art & Craft	14:30 - 16:30	11.01.12 - 28.03.12
	Dacorum Well-Being Centre	Self Supporting Music group 1	12:45 - 14:45	Ongoing
	Dacorum Well-Being Centre	Self Supporting Music group 2	14:45 - 16:45	Ongoing
	Dacorum Well-Being Centre	Meeting Place	19:00 - 21:30	Ongoing
<b>Thursday</b>	Dacorum Well-Being Centre	Anger Management	09:30 - 11:30	01.03.12 - 05.04.12
	Dacorum Well-Being Centre	Walking Group	11:00 - 14:00	12.01.12 - 22.03.12
	Dacorum Well-Being Centre	Memory Support Group 1	11:30 - 14:30	Ongoing
	Dacorum Well-Being Centre	SS Creative Writing Group	14:45 - 16:45	Ongoing
<b>Friday</b>	Dacorum Well-Being Centre	Memory Support Group 2	11:00 - 14:00	Ongoing
	Dacorum Well-Being Centre	Gardening	10:30 - 12:00	Monthly During Winter
	Dacorum Well-Being Centre	Meeting Place	14:30 - 16:30	Ongoing
	Dacorum Well-Being Centre	Boxmoor Trust Activities	09:45 - 12:15	1st Friday of the month
<b>Saturday</b>	Dacorum Well-Being Centre	Meeting Place	12:30 - 15:00	Ongoing
<b>Volunteers</b>	Watford Well-Being Centre	Induction Training		
	Watford Well-Being Centre	Quarterly Training		
<b>Counselling</b>	Dacorum Well-Being Centre	1 to 1 Counselling Service		
<b>Peer Mentoring</b>	Dacorum Well-Being Centre	1 to 1 Support in the Community		
<b>Vocational Advice</b>	Dacorum Well-Being Centre	Supporting People into Training, Education, Voluntary and Paid Work		
<b>Coming Soon</b>		Anger Management Confidence Building		
<b>Venue Addresses</b>	Dacorum	Well-Being Centre, 139 Leighton Buzzard Road, Hertfordshire, HP1 1HN Roman Fields School in Box Lane, Hemel Hempstead, HP3 0DF Warners End Community Centre, Stoneycroft, Hemel Hempstead, HP1 3QG		
	Watford	Well-Being Centre, 501 St Albans Road, Watford, Hertfordshire, WD24 7RZ		

For further information, or to book an appointment, please call: **08444 77 22 12** or via email at [info@hertsmindnetwork.org](mailto:info@hertsmindnetwork.org)