

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

Day	Area	Course Title	Time	Start - End Dates
Monday	Ware	Anxiety Management	10:00 - 12:00	09.01.12 - 20.02.12
	Ware	Confidence Building	10:00 - 12:00	27.02.12 - 02.04.12
	Waltham Cross	Self-Support Group	11:00 - 12:00	Ongoing
	Bishops Stortford	Yoga	13:00 - 14:00	09.01.12 - 26.03.12
	Cheshunt	Meeting Place	13:30 - 15:30	Ongoing
	Ware	Art Group Self Supported	14:00 - 16:00	Ongoing
Tuesday	Ware	Open Door Service	10:00 - 20:30	Ongoing
	Bishops Stortford	Art	10:30 - 12:30	10.01.12 - 27.03.12
	Ware	Yoga	11:00 - 12:00	17.01.12 - 03.04.12
	Bishops Stortford	Women's Group	13:00 - 15:00	Ongoing
	Potters Bar	Meeting Place	14:00 - 16:00	Ongoing
	Ware	Dancing Self Supported	14:00 - 15:00	Ongoing
	Ware	Well-Being Group	14:00 - 16:00	Ongoing
	Ware	Meeting Place	18:30 - 20:30	Ongoing
Wednesday	Ware	Anger Management	10:00 - 12:00	29.02.12 - 04.04.12
	Bishops Stortford	Coffee Morning	10:30 - 12:30	Ongoing
	Ware	Meeting Place (Reiki Sessions)	13:00 - 15:00	Ongoing
	Cheshunt	Magic Memories	14:00 - 15:30	Ongoing
Thursday	Cheshunt	Art	11:00 - 13:00	12.01.12 - 29.03.12
	Cheshunt	Well-Being Group	13:00 - 15:00	Ongoing
	Bishops Stortford	Magic Memories	14:00 - 15:30	Ongoing
Friday	Ware	Art	10:30 - 12:30	13.01.12 - 30.03.12
	Ware	The Pre-Weekend Group	13:30 - 15:30	Ongoing
Saturday	Ware	Saturday Monthly Group	13:00 - 15:00	1st Sat. of the Month
Volunteers	Ware	Induction Training	Please contact 08444 77 22 12 (option 2)	
Counselling	Cheshunt and Ware	1 to 1 Local Counselling Service		
Peer Mentoring	ALL	1 to 1 Support in the Community		
Vocational Advice	Ware	Supporting People into Training, Education, Voluntary and Paid Work		
Coming Soon	Ware	Young Person's Meeting Place		
	Ware	Personality Disorder Carers Support Group		
	Ware	Carers Zumba Dancing		
Venue Addresses	Bishops Stortford	Rhodes Art Complex, 1-3 South Road, Bishops Stortford, Hertfordshire, CM23 3JG		
	Cheshunt	YHA Lea Valley, Windmill Lane, Cheshunt, Hertfordshire, EN8 9AA		
	Cheshunt	Wolsey Hall, Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ		
	Potters Bar	60 Plus Club/Wyllyotts Theatre, Darkes Lane, Potters Bar, Hertfordshire, EN6 2HN		
	Ware	SE Herts Well-Being Centre, The Warehouse, 14 New Road, Ware, SG12 7BS		

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