

# Herts Mind Network

## Watford, Borehamwood and South Oxhey

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>	South Oxhey SULWBC	Anxiety Management	13:15 - 15:15	09.01.12 - 13.02.12
	South Oxhey SULWBC	Confidence Building	13:15 - 15:15	27.02.12 - 02.04.12
	Borehamwood, Aberford Hall	Meeting Place	13:00 - 16:00	Ongoing
	South Oxhey SULWBC	Jewellery Making	10:00 - 12:00	09.01.12 - 12.03.12
<b>Tuesday</b>	South Oxhey SULWBC	Women's Coffee Morning	09:30 - 11:30	Ongoing
	Watford Well-Being Centre	Pottery	10:00 - 12:00	10.01.12 - 20.03.12
	Watford Well-Being Centre	Anxiety Management	13:30 - 15:30	10.01.12 - 21.02.12
	Watford Well-Being Centre	Confidence Building	13:30 - 15:30	28.02.12 - 03.04.12
	Watford Well-Being Centre	Self Supporting Music Group	14:00 - 16:00	Ongoing
	Watford Well-Being Centre	Meeting Place	18:30 - 20:30	Ongoing
<b>Wednesday</b>	Watford Well-Being Centre	Anger Management	10:00 - 12:00	29.02.12 - 04.04.12
	Watford Well-Being Centre	Carers Pottery	10:30 - 13:00	11.01.12 - 21.03.12
	Watford Well-Being Centre	Mindworks	10:30 - 12:30	Ongoing
	Watford Well-Being Centre	Yoga 1	11:00 - 12:15	11.01.12 - 14.03.12
	Watford Well-Being Centre	Yoga 2	12:45 - 14:00	11.01.12 - 14.03.12
	South Oxhey SULWBC	Anger Management	13:30 - 15:30	29.02.12 - 04.04.12
	Watford Well-Being Centre	Art	14:00 - 16:00	11.01.12 - 21.03.12
<b>Thursday</b>	Watford Well-Being Centre	Women's Well-Being Workshops	10:30 - 12:00	12.01.12 - 16.02.12
	Borehamwood, Aberford Hall	Meeting Place	13:00 - 16:00	Ongoing
<b>Friday</b>	Watford Well-Being Centre	Young Persons Meeting Place	13:30 - 16:30	Ongoing
<b>Saturday</b>	Watford Well-Being Centre	Young Persons Group	12:00 - 14:00	Ongoing
	Watford Well-Being Centre	Meeting Place	14:00 - 17:30	Ongoing
<b>Volunteers</b>	Watford Well-Being Centre	Induction Training		
	Watford Well-Being Centre	Quarterly Training		
<b>Counselling</b>	Watford Well-Being Centre	1 to 1 Counselling Service		
	South Oxhey SULWBC	1 to 1 Counselling Service		
<b>Stepping Stones</b>	Watford General Hospital Shrodells Unit	Supporting People Back into the Community		
<b>Stepping Out</b>	Watford Well-Being Centre	Supporting People Once Back in the Community		
<b>Vocational Advice</b>	Watford Well-Being Centre	Supporting People into Training, Education, Voluntary and Paid Work		
	South Oxhey SULWBC			
<b>Coming Soon</b>	Watford	Self Supporting Gardening Group		
	Watford	Self Supporting Creative Writing		
	Watford	Intermediate ICT		
	Watford	Older People's Zumba Dancing		
<b>Venue Addresses</b>	Borehamwood	Aberford Hall, Aberford Road, Borehamwood, Hertfordshire, WD1 6PG		
	South Oxhey	Step Up Learning and Well-Being Centre (SULWBC), 39 Oxhey Drive, WD19 7SD		
	Watford	Well-Being Centre, 501 St Albans Road, Watford, Hertfordshire, WD24 7RZ		
	Watford	Watford General Hospital, Shrodells Unit, Watford, WD18 0HB		

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)

Updated 23.12.2011

