

Our Support Team:

- Connecting you to services in Croydon
- Mental Wellbeing Support and Clinical Support
- Social Isolation and Physical Wellbeing
- Building confidence with forms
- Understanding the benefit system
- Understanding housing procedures

DROP IN OR CALL FOR AN INITIAL 20 MINUTE CHAT OR TO BOOK AN APPOINTMENT WITH AN ADVICE WORKER

UPCOMING CLOSURES

- Tuesday 9th April
- Friday 12th April

COMING SOON....

- ACT (Acceptance and Commitment Therapy) Group

REGISTER INTEREST NOW!

Form filling support

Do you need support to complete an application form?

We are now able to offer form filling support on Saturdays.

DROP IN TO BOOK AN APPOINTMENT!

Status Employment Drop in

Get advice and support from mental health supported employment specialists.

If you are looking for support with CVs, interviews, reasonable adjustments, effects on benefits, and more...

Every Other Monday
8th, 22nd April

10:00-13:00

DROP IN!

Free QiGong Sessions

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.

Fridays from 11.30am – 12.30am.

SIGN UP NOW!

Family Justice Centre Support

Did you know that we are a safe space to access if you are experiencing domestic abuse? We will be joined on **Thursday 25th April** by a representative from FJC.

CONTACT TO FIND OUT MORE!

Benefit Advice

Department of Work and Pensions

Get some advice and guidance at our drop-in session with a DWP specialist.

Every Other Friday
26th April

10:00-13:00

DROP IN!

Welfare Benefits Advice

In partnership with Mind Welfare Benefits team. Book a phone appointment now for any benefit queries.

Phone appointments available every Monday and Thursday

9:30-15:30

BOOK NOW!



Mental Health Support

Connect & Cope Group

Run by our Recovery Space and Support Team. Previous sessions covered anxiety, sleep, bereavement, stress, low mood, and self-esteem.

This group will be ongoing so sign up for a place now!

Every Thursday - 14:30-16:00

SIGN UP NOW!

Managing Emotions Group (MEDIG)

Every Wednesday for 8 sessions

14:30 – 15:30.

Do you experience intense and overwhelming emotions? Are there times when you feel you have little or no control over your feelings and behaviours? Would you like to learn strategies to help manage your emotions better and behave in less destructive and harmful ways?

JOIN THE WAITLIST NOW!

IN PARTNERSHIP WITH



CROYDON

HEALTH AND WELLBEING SPACE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Closed	2 Drop in 10:00-13:00	3 Drop in 10:00-13:00 14:30: Managing Emotions Group (MEDIG)	4 Drop in 10:00-13:00 14:30: Connect & Cope Welfare Benefits	5 Drop in 10:00-13:00 11:30 – 12:30: Qigong	6 Drop in 10:00-13:00
7 Closed	8 Drop in 10:00-13:00 10-1 Status Employment Welfare Benefits	9 Closed	10 Drop in 10:00-13:00 14:30: Managing Emotions Group (MEDIG)	11 Drop in 10:00-13:00 14:30: Connect & Cope Welfare Benefits	12 Closed	13 Drop in 10:00-13:00
14 Closed	15 Drop in 10:00-13:00 Welfare Benefits	16 Drop in 10:00-13:00	17 Drop in 10:00-13:00 14:30: Managing Emotions Group (MEDIG)	18 Drop in 10:00-13:00 14:30: Connect & Cope Welfare Benefits	19 Drop in 10:00-13:00 11:30 – 12:30: Qigong	20 Drop in 10:00-13:00 Form filling support
21 Closed	22 Drop in 10:00-13:00 10-1 Status Employment Welfare Benefits	23 Drop in 10:00-13:00	24 Drop in 10:00-13:00 14:30: Managing Emotions Group (MEDIG)	25 Drop in 10:00-13:00 10-1: FJC Drop in 14:30: Connect & Cope Welfare Benefits	26 Drop in 10:00-13:00 10-1: DWP Drop in 11:30 – 12:30: Qigong	27 Drop in 10:00-13:00 Form filling support
28 Closed	29 Drop in 10:00-13:00 Welfare Benefits	30 Drop in 10:00-13:00	<p>Drop in 10:00-13:00 Monday-Saturday Phone line open 10:00-17:00 Monday-Saturday Unit 1101-1102 Whitgift Centre, Croydon (next to Holland & Barrett) 020 3154 9539 chws@mindincroydon.org.uk</p>			