

Fareham & Gosport Wellbeing Service

Courses & Groups November 2020

Please contact us for details:

E: infofg@solentmind.org.uk
T: 01329 281445

*Please note you must pre book these carer and parent sessions due to number restrictions



Solent

MON	TUES	WED	THURS	FRI
Zoom Group Self Esteem 10am-11.30am	Zoom Group Managing OCD 10am - 11am			
	Walking Group 10am-12pm			ZOOM Group ASD/ADHD and me 11-30-12.30pm
Zoom Group Relaxation Techniques 2pm-3pm	Zoom Group Writing for Wellbeing 1pm - 2pm	Zoom Group Decider life Skills 12.30 - 2pm		
	Zoom Group Parents Support* Every 3rd Tues. Fareham 6pm - 7pm			
	Carer Support Group* 1st Tues of Every Month 6pm - 7pm			
	Zoom Group 18-30 year olds get together 7-8pm			

All groups (except socially-distanced walking) are hosted online via Zoom. Please contact us to sign-up and receive login details.