

Fareham & Gosport March/April Calendar 2025

All courses require the attendee to have spoken with a Wellbeing Advisor for assessment or extended conversation and to be signed up prior to the start date.

Contact us on 01329 281445 - 31 High Street, Gosport, PO12 1DF

mind Solent



Wellbeing Centre
Fareham and Gosport



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 10-11:30am (unless stated otherwise)	Mindfulness		<u>Whiteley</u> My Why. 2nd April <u>Gosport</u> Adults Social	Low Mood 13th March,	
Afternoon 1-2:30pm (unless stated otherwise)	<u>Fareham 1pm</u> Live well w/ pain (14th April, Pat) <u>Gosport 1pm</u> Decider Skills (28th April, Yvette)	18-30s Social 2pm-3:30pm (Ruby)	Anxiety Management 12pm-1:30pm (16th April, Pat)	Creative Group (Yvette)	No courses
Evening	Carers Group (w/ Emma) Wednesday March 5th and April 2nd, 6pm-7:30pm				