



Activities at the Portsmouth Wellbeing Service

MONDAY CLOSED							
TUESDAY Opening Hours 10AM—6PM Buckland Community Centre	Wellbeing Centre and Solent Recovery College Drop-in 10am-12pm	Life Skills Workshop (6 weeks) 12:30pm-1.30pm	Closed 1:30pm-2:15pm	Mindfulness for Daily Living Workshop (2 weeks) 2:30pm-3:30pm	Social Inclusion Café Nut, London Rd 3:30pm-4:30pm	Depression & Low Mood Workshop (4 weeks) 3:45pm–4:45pm	Anxiety & Stress Workshop (4 weeks) 5pm-5:45pm
WEDNESDAY Opening Hours 12PM-8PM Buckland Community Centre	NEW Assertiveness & Self-Esteem Workshop (4 weeks) 12:30pm-1:30pm	Anxiety & Stress Workshop (4 weeks) 2pm-3pm	Allotment Group Stamshaw Allotments, Osier Close 3pm-5pm	Support to Access Advice Portsmouth 3pm-4pm	Wellbeing Centre and Solent Recovery College Drop-in 4pm-6pm	Life Skills Workshop (6 weeks) 6:30pm-7:30pm	
THURSDAY CLOSED (Remote group only)	Social Inclusion Tea Tray, Osborne Rd 3:30pm-4:30pm						
FRIDAY CLOSED (Remote group only)	Badminton Charles Dickens Centre 12:30pm-1:30pm						
SATURDAY & SUNDAY CLOSED							 Solent

To find out more about registering, please contact us on the number below.

Phone: 02392 824795

Email: PSRwellbeingcentre@solentmind.org.uk

Website: www.solentmind.org.uk

Addresses: Room 7, Buckland Community Centre—Malins Road, Portsmouth, PO2 7BT