

Group Name	Time	When	Where	Contact
Mindful Things Book Club	6pm – 8 pm	Every other Monday (fortnightly)	Jersey Library	A.Smith@mindjersey.org
Collective Voice	5.15-6.15pm	First Wednesday of the month	Pips Place/Chill Out Room	J.brien@mindjersey.org
Walking Group	12-2pm	Every second and fourth Thursday of the month	La Frigate	L.Lancashire@mindjersey.org
Women's Support Group	10 am – 12 pm	Every second and fourth Tuesday 10am-12pm. Every first Thursday of month 5pm-7pm	Pips Place/Chill Out Room	L.Lancashire@mindjersey.org
Man Club	7 pm	Second Monday of the month	Pips Place/Chill Out Room	J.brien@mindjersey.org
Coffee and Chat Group	1pm - 2 pm	Every Monday	Meet at Beresford Street Kitchen	L.Lancashire@mindjersey.org
Art Group	2pm-4pm	Every other Saturday (fortnightly)	Pips Place/Training Room	L.Lancashire@mindjersey.org
Scattered Squirrels ADHD support group	6.30 - 8.30pm	Every other Monday	Pips Place/Chill Out Room	A.Smith@mindjersey.org
Support After Suicide	6 pm – 7:30 pm	First Thursday of the month	Pips Place	L.ogilvie@mindjersey.org

Parent Peer Support Group - for those whose children are experienced suicidal ideation (starting July 8)	7 pm -8 pm	Every second Tuesday of the month	Pips Place	t.hesse@mindjersey.org
		CLOSED/REFERRAL ONLY		
Youthful Minds (Youth participation group for 11-25 year olds focused on tackling stigma and mental health awareness)	4 pm – 6 pm	Every Monday	Pips Place	youthfulminds@mindjersey.org . Note: This group is not open for drop ins. Anyone wanting to participate must contact the above email.
Decider Skills (Ages 7-11)	n/a	n/a	n/a	Children & Young People service run 5 closed courses a year from The Bridge. Anyone interested must contact Amy, Christine or Tina. t.hesse@mindjersey.org A.hall@mindjersey.org c.vanderniet@mindjersey.org



Children & Young People Summer Holiday Mindfulness Courses	n/a	n/a	n/a	Closed course/referral only. t.hesse@mindjersey.org A.hall@mindjersey.org c.vanderniet@mindjersey.org
Mind Jersey MHFA Alumni page	Facebook	Anyone once qualified in MHFA	https://www.facebook.com/groups/197465481673287	Request via FB page
Family and Carers Support Group	12 pm	Every two weeks	Zoom	Referral needed: contact L.ogilvie@mindjersey.org