

Herefordshire Mind Peer Support Groups

Autism:

A 6 week group for autistic people to share experiences and to learn tips and tricks from each other in a non-judgemental space.

Self-diagnosis, seeking a diagnosis and professional diagnosed are all welcome.

The group is ran by an Ellie who is autistic and supported by autistic volunteers.

Dates: Wednesdays 6-8pm: 30th October, 6th November, 13th November, 20th November, 27th November, 4th December

Mindfulness:

8 week course exploring Mindfulness Based Stress

Reduction: Thursdays 6-8pm:

31st October, 7th November, 14th November, 21st November, 28th November, 5th December, 12th December, 19th December

Covering different practices; body scans, sitting meditations. No previous experience required.

Booking essential.

All groups take place at Heffernan House, Widemarsh Street and are FREE

Anxiety:

6 weeks of group:

Tuesday's 2-4pm: 29th October, 5th November, 12th November, 19th November, 26th November, 3rd December.

A group for anyone experiencing anxiety to be around others who understand. It is a safe space to share experiences and learn tips.

Booking is essential.

Friendly Fridays:

8 week group: Friday's 5-7pm
1st November, 8th November, 15th November, 22nd November, 29th November, 6th December, 13th December, 20th December

Bring your own crafts, come have a friendly chat and enjoy a cuppa.

Email on the day if you are attending.

Monday Men's:

A men's group to get together over a cup of tea and chat or do activities. No pressure to attend every week!

Monday's 11:30-1:30:

28th October, 4th November, 11th November, 18th November, 25th November, 2nd December, 9th December, 16th December

To book-Email: Ellie-mae.davies-bufton@Herefordshire-mind.org.uk