

Our free weekly services w/c 16th Jan

MON 16TH

Happy Feet Wellbeing walks 11:30-2PM

info and sign-ups:
Johnny@mindinkingston.org.uk
or call 020 8255 3939

TUES 17TH

WED 18TH

Football Training Kingstonian Mind FC 4-5PM

info and sign-ups:
Johnny@mindinkingston.org.uk
or call 020 8255 3939

Magpie Project 열린 카페 {5월9일부터} 6:30-7:30PM 장소: The Place

58 High street, KT3 4EZ
for info
Infomagpie@mindinkingston.org.uk

Online Drop-in Café (via Zoom) 6-7PM

to join email:
Dropincafe@mindinkingston.org.uk
or call 020 8255 3939

Face to Face Drop-in Café WelCare House 6:30-7:30PM

53-55 Canbury Park Road
KT2 6LQ
Dropincafe@mindinkingston.org.uk

THURS 19TH

Jog Together 1:45-2:45PM

Kingsmeadow Athletics Centre
53-55 Canbury Park Road
KT2 6LQ
Johnny@mindinkingston.org.uk

Online Quiz (via Zoom) 4-5PM

info and sign-ups:
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or call 020 8255 3939

Face to Face Drop-in Café Alfriston Day Centre, 6:30-7:30PM

3 Berrylands Rd. KT5 8RB
Dropincafe@mindinkingston.org.uk

SPEAKING OUT WORKSHOP

Monday 16th Jan 6:30pm - 9pm

Part 1

Monday 30th 6:30pm - 9pm

Part 2

Free tickets below:

<https://www.eventbrite.co.uk/e/speaking-out-workshop-tickets-456965444947>

**time to change
kingston**

let's end mental health discrimination

mind
in Kingston