

Groups and Courses

Talking about Mindfulness

- Mondays 15:30 - 17:30, Unity Mill, Belper
- Wednesday 12:00-14:00, DRCS, 6 - 8 Corporation Street, Chesterfield S41 7TP

Talking about Low mood and Depression

- Wednesdays 12:30-14:30, Brooklands, Ilkeston

Talking about Anxiety and Stress Management

- Thursday 9:30 - 11:30, Brooklands, Ilkeston
- Wednesday 13:00-15:00, DRCS 8 Green Lane, Belper

Talking about your Self Worth

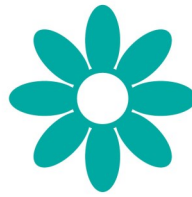
- Tuesday 18:00– 20:00, Unity Mill, Belper

Talking about Long Term Conditions

- Thursdays 13:00 - 15:00, Probate House, Derby

If you would like to attend one of the courses please self refer by calling 0300 123 0542, emailing dhcft.talking@nhs.net or online via our website

www.derbyshirehealthcareft.nhs.uk/tmhd



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