



Groups and Courses

Talking about Mindfulness

- Mondays 15:30 - 17:30, Unity Mill, Belper
- Wednesdays 10:00 - 12:00, Willington Old School Trust, Willington
- Tuesdays 17:00 - 19:00, Buxton Methodist Church, Chapel Street, Buxton

Talking about Low mood and Depression

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

Talking about Anxiety and Stress Management

- Wednesdays 9:30 - 11:30, Brooklands, Ilkeston
- Mondays 9:30 - 11:30, Unity Mill, Belper

Talking about your Self Worth

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

Talking about Long Term Conditions

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

Talking about Anger Management

- Mondays 17:00 - 19:00, 8 Corporation Street, Chesterfield

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