



For better
mental health

Course and Workshop Timetable

Workshops – January 2020

Date	Day	Time	Workshop	Location
14/1/20	Tuesday	10:00 - 12:00	Understanding Depression	Crayford Library
14/1/20	Tuesday	13:00 - 15:00	Understanding Panic	Crayford Library
16/1/20	Thursday	10:00 - 12:00	Understanding Self-Harm	Erith Library
16/1/20	Thursday	13:00 - 15:00	5 Ways to Wellbeing	Erith Library
21/1/20	Tuesday	10:00 - 12:00	Understanding Self Compassion	Crayford Library
21/1/20	Tuesday	13:00 - 15:00	Wellbeing & Resilience for Young Adults	Crayford Library
23/1/20	Thursday	10:00 - 12:00	Understanding Crisis	Erith Library
23/1/20	Thursday	13:00 - 15:00	Anger Analysis	Erith Library
28/1/20	Tuesday	10:00 - 12:00	Living with and Understanding Bi-Polar	Crayford Library
28/1/20	Tuesday	13:00 - 15:00	Food and Mood	Crayford Library
30/1/20	Thursday	10:00 - 12:00	Understanding Personality Disorder	Erith Library
30/1/20	Thursday	13:00 - 15:00	Understanding Panic	Erith Library

Workshops – February 2020

4/2/20	Tuesday	10:00 - 12:00	Understanding Anxiety	Crayford Library
4/2/20	Tuesday	13:00 - 15:00	5 Ways to Wellbeing	Crayford Library
6/2/20	Thursday	10:00 - 12:00	Understanding Self-Harm	Erith Library
6/2/20	Thursday	13:00 - 15:00	Understanding Self Compassion	Erith Library
11/2/20	Tuesday	10:00 - 12:00	Understanding Crisis	Crayford Library
11/2/20	Tuesday	13:00 - 15:00	Wellbeing & Resilience for Young Adults	Crayford Library
13/2/20	Thursday	10:00 - 12:00	Understanding Depression	Erith Library
13/2/20	Thursday	13:00 - 15:00	Understanding Panic	Erith Library
18/2/20	Tuesday	10:00 - 12:00	Understanding Personality Disorder	Crayford Library
18/2/20	Tuesday	13:00 - 15:00	Food and Mood	Crayford Library
20/2/20	Thursday	10:00 - 12:00	Introduction to Mindfulness	Erith Library
20/2/20	Thursday	13:00 - 15:00	Anger Analysis	Erith Library
25/2/20	Tuesday	10:00 - 12:00	Improving Sleep	Crayford Library
25/2/20	Tuesday	13:00 - 15:00	Understanding Self-Harm	Crayford Library
27/2/20	Thursday	10:00 - 12:00	Life After Trauma	Erith Library
27/2/20	Thursday	13:00 - 15:00	Suicide Awareness	Erith Library

Workshops – March 2020

3/3/20	Tuesday	10:00 - 12:00	5 Ways to Wellbeing	Crayford Library
3/3/20	Tuesday	13:00 - 15:00	Understanding Anxiety	Crayford Library
5/3/20	Thursday	10:00 - 12:00	Understanding Depression	Erith Library
5/3/20	Thursday	13:00 - 15:00	Managing ADHD/ADD	Erith Library
10/3/20	Tuesday	10:00 - 12:00	Understanding Self-Harm	Crayford Library



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10/3/20	Tuesday	13:00 - 15:00	Wellbeing & Resilience for Young Adults	Crayford Library
12/3/20	Thursday	10:00 - 12:00	Understanding Self Compassion	Erith Library
12/3/20	Thursday	13:00 - 15:00	Understanding Crisis	Erith Library
17/3/20	Tuesday	10:00 - 12:00	Understanding Panic	Crayford Library
17/3/20	Tuesday	13:00 - 15:00	Food and Mood	Crayford Library
19/3/20	Thursday	10:00 - 12:00	Understanding Personality Disorder	Erith Library
19/3/20	Thursday	13:00 - 15:00	Anger Analysis	Erith Library
24/3/20	Tuesday	10:00 - 12:00	Living with and Understanding Bi-Polar	Crayford Library
24/3/20	Tuesday	13:00 - 15:00	Introduction to Mindfulness	Crayford Library
26/3/20	Thursday	10:00 - 12:00	Suicide Awareness	Erith Library
26/3/20	Thursday	13:00 - 15:00	Life After Trauma	Erith Library
31/3/20	Tuesday	10:00 - 12:00	Understanding Depression	Crayford Library
31/3/20	Tuesday	13:00 - 15:00	Coping Strategies & Problem Solving	Crayford Library

Courses - booking fee required of £2 for each course

Start Date	Day	Time	Length of course	Course	Location
06/01/2020 Week 1	Monday	18:00 - 20:00	8 weeks	Confidence and Assertiveness	2a Devonshire
02/01/2019 Week 1	Thursday	10:00 –12.00	3 weeks	Stress and Anxiety	Welling Library
30/1/2010 Week 1	Thursday	10.00 12.00	3 weeks	Stress and anxiety	Welling Library
08/01/2020 Week 1	Wednesday	10:00 - 12:00	4 weeks	Positivity	Sidcup Library
28/01/2020 Week 1	Tuesday	10:00 - 12:00	8 weeks	Confidence and Assertiveness	Erith Library
09/03/2020 Week 1	Monday	18:00 - 20:00	8 weeks	Confidence and Assertiveness	2a Devonshire

Mind in Bexley, 2a Devonshire Road, Bexleyheath, Kent, DA6 8DS

Telephone: 0208 303 8932 Option 5

Website: www.mindinbexley.org.uk

Crayford Library, 176 Townhall Square, Crayford, DA1 4FN

Erith Library, 100 Erith High St, Erith, DA8 1SL

Welling Library, Bellegrave Rd, Welling, DA16 3PA

Sidcup Library, Hadlow Rd, Sidcup DA14 4AQ

Updated 03/01/2019