

Weekly Active Group Timetable - September - December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Carers Well-being Group Support group for Carers Bethnal Green 10am-3pm</p>	<p>CREATE Photography Explore your creativity Bow 11am-1.45pm</p>	<p>Men's Toolkit for Life Men's social group Bow 10am – 11:30am</p>	<p>Co-create Tower Hamlets Woodwork and Arts & Crafts session Cannon Street 10am-1pm</p>	<p>Get Cycling Go Places For beginners and confident riders Bow 11am – 3pm</p>	<p>Chinese Therapy Accupuncture and massage Bow 10am – 4pm</p>	<p>Mum's Matter Post-natal Support Mile End 10:30am – 12:30pm</p>	
<p>Men's Shed Project Men's social, wood working Bow 10am – 12pm</p>	<p>Somali Support Group Light exercise Bow 11:30am – 1:30pm</p>	<p>Explore London Social Bike Ride Every 3rd Wednesday of the Month Bow 10:30am – 3pm</p>	<p>Walk and Talk Time TBC</p>	<p>Eden Sessions Learn about Plants, how to look after them Location TBC 11am-12.30pm</p>	<p>Green Fingers Gardening group Bow 11am – 1pm</p>	<p>Beginner's Guitar Lesson Learn to play guitar Bow 12pm – 1:30pm</p>	
<p>Confidence Building Small step planning Build confidence Bow 11am – 1pm</p>	<p>Cafe Nia African Caribbean mens and womens service user social group Bow 3pm-6pm</p>	<p>Peace of Mind Bangladeshi mens mental health social group Bow 12pm-2pm</p>	<p>Coping with Life – CBT Learn to understand yourself Bow 11:30am – 1:30pm</p>	<p>Chakra shots healthy eating workshops Bow 12pm – 2pm (last Friday of the month)</p>	<p>Mindful Café Mindfulness practice Wapping 12pm-1.30pm</p>		
<p>Peoples Portal A Fortnightly mental health recovery group Bethnal Green 6pm-8pm</p>	<p>Youth Group Socialise with like minded young people Bow 3pm-4pm</p>	<p>Songbirds Fortnightly singing group Whitechapel 2pm-4pm</p>	<p>Creative Writing Exploring thoughts & feelings through writing Bow 2pm – 5pm</p>	<p>Mindfulness Learn how to in the present & in control Bow 2.30pm – 4pm</p>	<p>Soulful Music Learn to play Guitar & Keyboards Bow 2pm – 4pm</p>	<p>Badminton Keep fit playing Whitechapel 4pm-5pm</p>	<p>Urban Rambling Bi-monthly exercise through walking and socialising 2pm-6pm</p>
<p>Thai Boxing Fighters Academy Stay fit, healthy disciplined and focused Bethnal Green 7pm-8.30pm</p>	<p>Mindful Café Learn & Practice Mindfulness Wapping 6pm-7pm</p>	<p>Expressions with Art Explore your creativity and unlock your artistic potential. Island Gardens 6.30pm-7.30pm</p>	<p>Family Advice Surgery Monthly advice sessions Island Gardens 6pm – 8pm</p>	<p>Thai Boxing Fighters Academy Stay fit, healthy disciplined and focused Bethnal Green 7pm-8.30pm</p>			

For more information or to register for one of our groups, please contact our Navigators for more information on 0207 510 1081 or info@mithn.org.uk