

Greenwich Peer Support Groups & Events

(Updated March 2018)

All groups are held at the address above unless stated otherwise.

Group	Details
Drop in	Monday, 1pm - 3pm Thursday, 1pm - 4pm Weekly
Board Games	Mondays 3pm - 4pm Weekly
Bridge Drop-In	Tuesdays 7.30pm – 9.30pm Weekly
Diabetes Group	Fridays, once a month 6 April, 4 May, 1 June and 6 July 2018.
Guitar Group	Tuesdays 6pm - 7.30pm Weekly
Hearing Voices	Wednesdays 10am - 12pm Weekly To be held at Greenwich Maritime Museum on 11 April, 23 May, 13 June 2018
Homeopathy sessions	Fridays, once a month 10am – 1.30pm Contact Glynis Akers (020 8853 2395) for more information.
Mindfulness Drop-In	Tuesdays 3pm - 4pm Weekly
Creative Writing & Expression	Tuesdays (starting 16th April 2018) 10.30am - 12.30pm Weekly

For further information about Greenwich Peer Support Groups and events, please contact Dominic on 020 8853 2395 or email dominic.dowling@blgmind.org.uk.