

What's on...



For better
mental health

At Newark Mind

'Social Network Service'

'Prevention is better than cure'
Men's Group
Women's Group
Relationship Work

Peer Support Group **Opening times**

Wednesday
12.30 – 2.30 pm
Thursday
11 – 1 pm

'You Choose'

Personalised care for people with a personal budget or self funders
£12.98 per hour
Please enquire on our office number

Office **Opening times**

9 am – 5 pm

'Notts Mind Network'

A collaboration of the 3 Notts Mind Groups

Money Advice Clinic
Fridays with Age Uk
Appointment Only

Information Clinic
Appointment Only
Please book with Jo Dowell or Victoria Drake
Amy Hiscock (over 50's) only

Newark Mind Counseling Service

Open to all from Newark & Sherwood

£5 per session

Tel 01636 650228

Volunteer Opportunities available
Contact Jo Dowell if interested

Men's Group
Monday 1 – 3 pm

Women's Group
Tuesday 1 – 3 pm

Contact Jo