



# The Mental Health Recovery Pathway

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
10:00											
11:00	Mother 2 Mother (11:00-12:30)	Outcome: LGBTQ+ Freedom Art Session	Outcome: QiGong Group	Men's Group (11:30-12:30)	Music Appreciation Group						
12:00		Outcome: LBT Women-Only Group	Outcome: Asylum Seekers & Refugee Women-Only	Women's-Only Drop-In							
1:00	PTP: Black Men's Group			Chance 4 Young Drop-in   Decluttering Group	Hoarding Group						
2:00	Open Drop-In  Art Appreciation (2:30-3:30)  Poetry Appreciation (3:30-4:00)	PTP: Coffee Hour  PTP: Art Therapy	Outcome: LGBTQ+ Open Drop-In 	Paranoia Group (Closed) (2:15-3:30)	Outcome: LGBTQ+ Asylum Seekers and Refugee Group	PTP: Coffee Hour (2:30-3:30)  PTP: Dance Movement (3:30-4:30)	Open Drop-In  Kundalini Yoga (2;45-3:45)	Open Drop-In  Self-Care Take-aways (3:00-3:45)	Hearing Voices Group (Closed) (2:15 - 3:30)	Open Drop-In	
3:00											
4:00											
5:00						Out of Hours Virtual Drop-In					
7:30-8:30	Out of Hours Virtual Drop-in	Out of Hours Virtual Drop-in	Out of Hours Virtual Drop-in	Out of Hours Virtual Drop-in	Out of Hours Virtual Drop-in						

**All activities take place remotely via Zoom.**

For an invitation to these activities, please contact Islington Mind.