



# 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 PTP: Coffee Hour Art Appreciation (2:30-3:30)	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)	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	Poetry Appreciation (3:30-4:00) PTP: Art Therapy		PTP: Dance Movement (3:30-4:30)			
4:00						Out of Hours Virtual Drop-In (4:30-5:30)
5:00						
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.