

WELCOME TO OUR VIRTUAL SERVICES

Here is a timetable of what groups and drop-in activities you can access this week.
By joining you are committing to help keep our virtual spaces safe and respectful for all.

Open groups: The virtual drop ins and the groups that take place during the drop ins are open to any client of Islington Mind to join, you can just turn up.

Closed groups: marked with an asterisk*, let us know if you are interested and we will support you to join.

MON. 11:30am-12:30pm: Paranoia Peer Support Group*
2-3pm: Art Appreciation
3-4pm: Open Drop-In
3-4pm: Medication Group (fortnightly)*
7:30-8:30pm: Out of Hours Drop-In

THURS. 11:30am-12:30pm: Men's Group*
1-2pm: Decluttering Group*
2-3pm: Self-Care Takeaways (Meditation)
3-4 pm: Open Drop-in

TUES.

FRI. 11am-12 pm: Music Appreciation*
1-2pm: Hoarding Group*
2.30-3.30pm: Hearing Voices Group* (alternates in person and online)
7.30-8.30pm: Out of Hours Drop-In

WEDS. 2-3pm: Yoga
3-4 pm: Open Drop-In

SAT. 4.30-5.30pm: Out of Hours Drop-In

SUN.

Please remember:

- Treat the virtual spaces as you would meeting in-person.
- You must be alone. Only join from a room or quiet open space where you can be sure to respect the confidentiality of others.
- Join with your camera on and let us know if this is not possible.
- Be sure to be dressed in appropriate clothing.
- If it is felt that the drop-in has become unsafe or disrespectful, staff may mute or remove participants.