

76-80 Isledon Rd, N7 7LB

Tel: 0203 301 9850 opt. 3

Tube: Finsbury Park

Bus: 4, 29, 153, 253, 254, 259

Monday

Art Room: 1pm-7:30pm

Music Room: 1-3pm

Computer Room 1-6:30pm

Jewellery Making: 1:30-3:30pm

Gardening Group: 1:30-3:30pm

DROP-IN: 2:30-6:30pm

Paranoia + Unusual Beliefs Group: 2:30-3:30pm

Speak to Rebecca before joining

Young Adult's Group (18-35yrs): 3:30-7:30pm

Depression + Low Mood Group 6:30-7:30

Tuesday

Qi Gong (Gentle Movement): 10:30-11:30am

1:1 Music Therapy by appointment

Young Adults Art Room: 11am-4pm

Music Therapy Jamming Session: 2:30-3:20pm

Music Therapy Drop-in Group: 3:30-4:20pm

Wednesday

Art Room: 10:30am-3:30pm

Computer Room: 10:30am-3:30pm

Music Room: 10:30am-12:30pm

Get Active Sports Group 2:45pm-4pm
Please arrive before 3:15pm

Offsite:

Boxing Group: 11am-12pm at Islington Boxing Club, 20 Hazellville Road, N19 3LP

Thursday

1:1 meetings with staff by appointment only

Art Room: 10:30am-3:30pm

Computer Room: 10:30am-3:30pm

Music Room: 1:30-3:30pm

Men's Gentle Exercise Group 2-3pm

Online:
Meditation (via zoom): 1-1:45pm

Friday

DROP-IN: 11AM-3PM

Art Room: 11am-3pm

Computer Room: 11am-3pm

Bereavement Group: 11:15am-12:15pm

Music Room: 11am-1pm

Lunch: 1-1:45pm £4

Film Club: 2-4pm

Hearing Voices Group: 2:30-3:30pm

Speak to Saskia before joining

Chess Group 2:30-4pm

Welfare Benefits Clinic by appointment

48 Despard Road, N19 5NW

Tel: 0203 301 9850 opt. 4

Tube: Archway

Bus: 43, 143, 210, 263, W5

Monday

Art Room (Availability varied - please check with Katie):
11am-3pm

Computer lessons with Phillip by appointment:
11am-3pm

Cooking class with Diana: 11am-2pm

Tuesday

DROP-IN 11AM-3PM

Music Room: 11am-12pm

Art Room: 11am-3pm

Men's Resilience Group:
12:30-1:30pm

Key Changes Music Production: 12-4pm

Free Lunch: 1-1:45pm

Creative Writing Group
2-3:30pm

Welfare Benefits Advice
by appointment

Wednesday

DROP-IN 11AM-3PM

Music Room: 11am-3pm

Art Room: 1pm-3pm

Anxiety Group 12-1pm

Lunch: 1-1:45pm £4

Computer Gaming Group: 1:30-2:30pm

Music Appreciation Group with Eliza: 2-3pm

Thursday

Meditation: 10:30am-11:15am

Speak to Kim before joining

WOMEN'S DAY DROP-IN:
11:30AM-3:30PM

1:1 Music Therapy by appointment

Art Room: 11:30am-3:30pm

Lunch: 1-1:45pm £4

Music Therapy Open Group: 2pm-3pm

Friday

Music Room: 10:30am-3:30pm

Art Lesson with Ashley:
10:30am-12:30pm

Art Room: 12:30-3:30pm

Drumming Group: 1:30-2:30pm

Piano Practice: 10:30am-3:30pm