



FRIENDS & FAMILY

Friends & Family Groups, Slough CMHT

Please note: All groups will continue to run online until further notice.

Berkshire Healthwatch



24th June 6:30-7:30pm

Enabling Town Slough Website

29th July 10:30-11:30am



Supporting Someone who Self harms
19th August 6:30-7:30pm

Mindfulness



30th September 10:30-11:30am

Supporting someone with Emotional Difficulties

28th October 6:30-7:30pm

Creativity for Wellbeing



25th November 10:30-11:30am

Any questions, please email our Hope College Inbox at: mailbox.hopecollege@berkshire.nhs.uk and put in subject "Friends and Family group".