

ACTIVITIES for September 2019 in Mole Valley

NOTE: Most activities are weekly and take place at 23 The Crescent in Leatherhead, unless stated otherwise.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		09.00-12.00 Advice & Info Appts 10.00-11.00 Walking Football , Meadowbank, Dorking 10:00-12:00 Art with Beccy <i>Starts 10 Sept</i>	11.00-14.00 Butterfly Café	10.00-12.30 Emotional Health and Wellbeing Course <i>(Starts 12 Sept, 4 weeks)</i> All day - MFT Art Exhibition , Leatherhead Theatre. Special Opening Session on 12 Sept, 2pm-4pm <i>(12 - 25 Sept)</i>	10.00-15.00 Advice & Info Appts 10.00-11.00 – Walking Photography – <i>13 and 27 Sept</i> 11.00-14.00 Butterfly Café <i>No café on 19 Sept</i>	11.00-12.00 Walk for Health , Leatherhead Theatre <i>14 Sept</i> 11.00-16.00 MFT Anniversary Event , Denbies, Dorking <i>21 Sept</i>
Afternoon	15:30-16:30 Football Training , Leatherhead Leisure Centre			13:00-16:00 Intro to Mindfulness Leatherhead Institute <i>26 Sept</i> 14.00-16.00 Women's Group <i>No group on 19 Sept</i> 14:00-17:00 Intro to Assertiveness , Ashtead Peace Memorial <i>19 Sept</i>	13:15-14:15 Yoga <i>(Starts 6 Sept, 12 weeks)</i>	
Evening	18.30-19.30 Book Club Chosen Book: <i>Straight Outta Crawley</i> by Romesh Ranganathan <i>30 Sept</i>			19.00-21.00 Bipolar Self-Help Group <i>5 Sept</i> 19.00-21.00 Hoarders Self-Help Group <i>12 Sept</i> 19.00-21.00 LGBT Peer Support Group <i>19 Sept</i>		