

Good Life Service- Group Programme

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Personality Disorder Support Group – Wisbech (11:00am till 12:30pm, Fortnightly)	Good Mood Café – South Cambridgeshire (10:00am till 11:00am, Weekly)	Good Mood Café – City (10:00am till 11:00am, Weekly)	Good Mood Café – Cambourne (10:00am till 11:00am, Weekly) Good	Personality Disorder Support Group – Peterborough (11:00am till 12:30pm, Fortnightly)
Personality Disorder Support Group – Cambridge (1:00pm till 2:30pm, Fortnightly)	Good Mood Café – Cambourne (10:30am till 11:30am, Weekly)	Personality Disorder Support Group – Cambridge (11:00am till 12:30pm, Fortnightly)	Fives Ways to Wellbeing Support Group – St Neots (11:30am till 1:00pm, Fortnightly)	Personality Disorder Support Group – Ely (11:30am till 1:30pm, Fortnightly)
Fives Ways to Wellbeing Support Group – Cambridge (1:00pm till 2:30pm, Fortnightly)	Personality Disorder Support Group – Huntingdon (11:00am till 12:30pm, Fortnightly)	Hearing Voices Support Group – Huntingdon (1:00pm till 2:30pm, Fortnightly)	Personality Disorder Support Group – St Neots (12:30pm till 2:00pm, Fortnightly)	Fives Ways to Wellbeing Support Group – Ely (11:30am till 1:00pm, Fortnightly)
Good Mood Café – Huntingdon (3:00pm till 4:00pm, Weekly)	Fives Ways to Wellbeing Support Group – Huntingdon (11:00am till 12:30pm, Fortnightly) CURRENTLY ON HOLD	Open Door Calm Space (2:30pm till 3:30pm, Weekly)	Personality Disorder Support Group – Peterborough (1:30pm till 3:00pm, Fortnightly)	Good Mood Café – Fenland (1:00pm till 2:00pm, Weekly)
	Hearing Voices Support Group – Cambridge (2:30pm till 3:30pm, Weekly)	Good Mood Café – East Cambridgeshire (3:00pm till 4:00pm, Weekly)	Personality Disorder Support Group – Sawston (2:30pm till 4:00pm, Fortnightly)	Hearing Voices Support Group – Peterborough (1:30pm till 3:00pm, Fortnightly)
			Hearing Voices Support Group – Wisbech (2:00pm till 3:30pm, Fortnightly) CURRENTLY ON HOLD	Fives Ways to Wellbeing Support Group – Peterborough (11:00am till 12:30pm, Fortnightly)
			Good Mood Café – Peterborough (3:00pm till 4:00pm, Weekly)	Hearing Voices Evening Support Group – Countywide (7pm-8pm)

- ❖ To see more information please visit our website www.cpslmind.org.uk, call us on 0300 303 43 63 or email us at goodlife@cpslmind.org.uk. All groups are currently running online via Zoom.