

## MMK Mind Digital Services Timetable

As we face unprecedented times, MMK Mind have redeveloped our services to offer virtual support. This support is provided through the Live Well Kent scheme, and to access this provision, Service Users must register with the scheme. You can do this by phoning on 0800 567 7699, or by E-Mailing [mindhelp@mmkmind.org.uk](mailto:mindhelp@mmkmind.org.uk) to ask for more details.

Tuesday	Wednesday		Thursday	
ZOOM Bake Group 2pm - 4pm	ZOOM 6 Ways To Wellbeing Arts and Crafts 10am - 12noon	ZOOM Arts and Crafts 2pm - 4pm	ZOOM Peer Support & Recovery Group 10am - 12noon 3rd Thurs Every Month	ZOOM Social Group 2pm - 4pm
Join us for our Digital Cookery group every Tuesday. Visit our website for the conference call link.	Join us for our Digital Arts themed around the 6 Ways to Wellbeing. Visit our website for the conference call link.	Join us for our Digital Art group every Wednesday. Visit our website for the conference call link.	Join us on the third Thursday of every month for a peer support group for people recovering from poor mental health.	Join us for our Digital Social group every Thursday. Visit our website for the conference call link.

Hope Café (Over-The-Phone Support)	Over the phone support available on a Friday from 4pm - 8pm, and on a Sunday from 1pm - 5pm. Visit our website for full details on this service, and the numbers you can call to access support.
Ashford Wellbeing Café (Over-The-Phone Support)	Over the phone support available on a Friday and Saturday evening from 4pm - 8pm, and on a Sunday afternoon from 1pm - 5pm. Visit our website for full details on this service, and the numbers you can call to access support.

## Coping with Life

Coping with Life is one course which looks at common mental health problems such as anxiety, stress and depression.

Taking place each month digitally via ZOOM.

Live Well Kent registration is needed to attend this course. Please E-Mail [mindhelp@mmkmind.org.uk](mailto:mindhhelp@mmkmind.org.uk) for more details.

## Mental Health Awareness Training For Just £5 Per Person

MMK Mind appreciate that during this difficult time, people will want to be proactive with what they are doing. With this in mind, we have created a Digital Mental Health Awareness training session for just £5 per person.

E-Mail [training@mmkmind.org.uk](mailto:training@mmkmind.org.uk) for more details.

Please note that all the courses listed here are available exclusively via ZOOM unless otherwise stated.

For more information, please visit:

Website: [www.maidstonemind.org](http://www.maidstonemind.org)

Or get in touch via E-Mail

[mindhelp@mmkmind.org.uk](mailto:mindhhelp@mmkmind.org.uk)

