



Dorset Minds support groups are now online

Due to Covid-19, all of our support groups are now running online via the platform Zoom. Each support group is focused around improving wellbeing and supporting positive mental health and below is a timetable of when each group is running.

Active in Mind Bournemouth	Every Monday and Thursday 2-4pm
Active in Mind Weymouth**	Wednesday Fortnightly** 2.30-4pm
Wellbeing in Mind Bournemouth	2 nd and 4 th Wednesday 10.30am-12.30pm
Wellbeing in Mind Dorchester	2 nd and 4 th Tuesday 7-9pm
Wellbeing in Mind Gillingham	1 st and 3 rd Wednesday 6-8pm
Wellbeing in Mind Sherborne	1 st and 3 rd Tuesday 2-4pm
Wellbeing in Mind Verwood	1 st and 3 rd Tuesday 7-9pm
MindOut Bournemouth (LGBTQ+)	Every Thursday 12-2pm
MindOut Weymouth (LGBTQ+)**	Friday Fortnightly** 2.30-4pm
Women in Mind Bournemouth	Every Wednesday 1-3pm
Women in Mind Blandford**	Friday Fortnightly** 10-12pm
Restored Eating Disorders**	Every Monday 7-8pm

If you are interested in a support group, please email:
adultwellbeingservices@dorsetmind.uk for the registration forms.

**For details on these groups please email the above address or check our website,
www.dorsetmind.uk/help-and-support/