



Ex-Services Welcome



Ex-Services Welcome at Mind in Haringey

This page gives some information about a new Veterans project, which is FREE to access for anyone in London or surrounding areas with army experience.

Activities on offer are:

- **"Coping with life skills"** CBT-based psychoeducational groups. These are 6-week courses focused on topics such as:
 - Anxiety
 - Self esteem
 - Assertiveness
 - Loss or change
 - Anger
 - Depression
 - Stress
- **Art group:** an open space to use art materials for self-exploration, relaxation or creativity, held weekly in our large hall.
- **One-to-One counselling** for up to 10 weeks.

Groups are held on Wednesdays at:

Station House, 73c Stapleton Hall Rd, London N4 3QF

Tube: Finsbury Park, Bus: W7, W3, 210

All with lived experience of armed forces or armed conflict may attend. Partners or dependants or family members are also welcome to get in touch.

If you are interested in coming along or making a referral, we would be delighted to hear from you. *Any enquiries please be in touch with Anna Sikorska, Ex-Services Project Worker:*

anna.sikorska@mih.org.uk 020 8340 2474



Station House
73c Stapleton Hall Road
London
N4 3QF



For more information about us please visit: www.mindinharingey.org.uk