

Open Access Group Meetings in Lincoln

| Group | Day and Time | Venue | Contact Number |
|-------------------------------|---|--|----------------|
| shUSH. Service user self help | Saturday and Sunday 12.00 - 16.00 | Work skills, Mint Lane | 01522 545163 |
| Amigos | Monday 18.30 - 21.00 | New Life Church | 07867885388 |
| Drama group | Tuesday 13.30-15.30 | Drill Hall | |
| Mood Group | Wednesday 13.00 - 14.00 | Share the Care Portocabin, Orchard Street | 01522 545163 |
| Renew Social Group | Thursday 14.00 - 16.00 | St. Faiths, West Parade | 01522 536029 |
| Hearing Voices | Friday 14.00 - 16.00 | St. Faiths, West Parade | 01522 511800 |
| Meditation Groups | Varies | Varies | 01522 545163 |
| Men's Groups | Varies | Varies | 01522 545163 |
| Women's Groups | Varies | Varies | 01522 545163 |
| MDF Bipolar Group | first Saturday of every month. 13.00-15.00pm | Work skills, Mint Lane | 01522 545500 |
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ALTERNATIVE IDEAS FOR COPING WITH MENTAL HEALTH

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