

January 2010						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2010						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2010						
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15	16	17	18	19	20	21
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29	30	31				

April						
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26	27	28	29	30		

May						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June						
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28	29	30				

July						
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
August						
M	T	W	T	F	S	S
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9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30	31					

September						
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20	21	22	23	24	25	26
27	28	29	30			

October						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
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20	21	22	23	24	25	26
27	28	29	30	31		

Support Group times & dates	
	Public holidays
	OCD Group OCD Group meets fortnightly on Mondays at 7:30pm till 9:00pm
	Bipolar Group Bipolar Group meets on the 1 st Thursday of each month 7:00pm till 9:00pm
Weekly Group times	
	Reiki Meditation and Healing Group , held every Monday 1:00pm until 2:00pm
	Craft Group meets every Monday afternoon 2:00pm till 4:00pm
	Self Harm Group meets every Monday evening 5:00pm until 7:00pm
	ASAM / Smart Recovery meets every Thursday 1:00pm till 3:00pm at the MhIST House
	Depression Group Crompton Way Health centre every Thursday 1:00pm till 3:00pm
	Depression Group meeting every Friday 12:30pm until 2:30pm at the MhIST House.

mhIST Support Groups Calendar 2010

For more information on the groups offered by MhIST please contact us on 01204 527200 or see our web site www.mhist.co.uk