

Contact Live Well Kent to apply for support: 0800 567 7699, info@livewellkent.org.uk or mcch 01304 242558.

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Deal Ability 43 Victoria Road Deal, CT14 7AY</p>	<p>1a Granville Street Dover, CT16 2LF</p>	<p>1a Granville Street Dover, CT16 2LF</p>	<p>1a Granville Street Dover, CT16 2LF</p>	<p>Deal Ability 43 Victoria Road Deal, CT14 7AY</p>
<p>Wellbeing Theory</p> <p>10am - 12pm</p> <p>1 to 1 meetings</p> <p>12pm - 1pm</p>	<p>Wellbeing Theory</p> <p>10am - 12pm</p> <p>1 to 1 meetings</p> <p>12pm - 1pm</p> <p>Group activity</p> <p>1pm - 3pm</p>	<p>IT Group*</p> <p>10am - 1pm</p> <p>1 to 1 meetings</p> <p>1pm - 2pm</p> <p>* service user assisted</p>	<p>Wellbeing Practical</p> <p>1pm - 3pm</p> <p>1 to 1 meetings</p> <p>3pm - 4pm</p>	<p>Wellbeing Practical</p> <p>10am - 12pm</p> <p>1 to 1 meetings</p> <p>12pm - 1pm</p>
<p><i>Saturday</i></p>	<p>Deal Ability 43 Victoria Road Deal, CT14 7AY</p> <p>Drop-in</p> <p>11.30am - 12.30pm</p>		<p>1a Granville Street Dover, CT16 2LF</p> <p>Drop-in</p> <p>10m - 11am</p>	

Wellbeing Theory:
Wellbeing Practical:
Group activity:
1 to 1 meetings:
Drop-in:

6 2-hr sessions on the ways to wellbeing
6 2-hr sessions with group discussions and practical support for implementing the ways to wellbeing
Various activities as set by individuals to enhance community engagement
Covers: initial meetings, Recovery Star, review of progress
Covers: initial meetings, make every contact count, problem solving and signposting

Timetable correct from October 2017

About us

We are a charity with a wide range of services across the South East.

Our Pathways to Wellbeing service supports people with mental health needs.

We provide:

- Well-trained, experienced staff
- Support to access community activities
- An opportunity to meet others
- An environment with a focus on wellbeing and recovery

We can support you to:

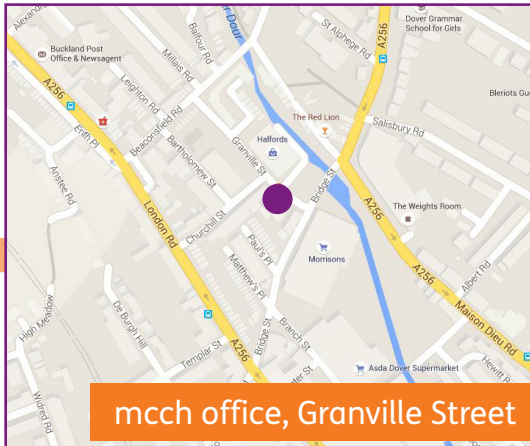
- Take control of your life
- Achieve a sense of belonging by meeting others who have experienced issues similar to your own
- Deal with your stress in a positive way



www.facebook.com/mcchcharity



<https://twitter.com/mcchcharity>



Registered office:

mcch
One Hermitage Court
Hermitage Lane
Maidstone
Kent
ME16 9NT

Registered charity number 1156486



mcch

mental health | wellbeing | recovery

When the going gets tough,



*the tough sometimes
need a bit of help*

Pathways to Wellbeing

Dover and Deal

www.mcch.org.uk/wellbeing