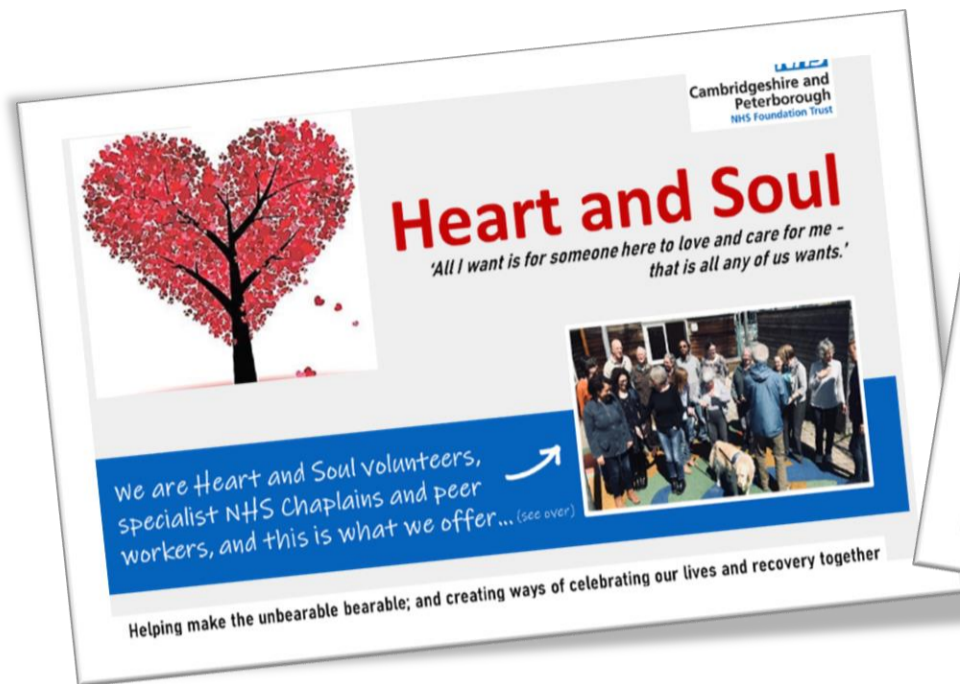




ZOOM groups for

AUTUMN & WINTER 2020/21



Monday at 4pm Talk and Pray

A group for parents, family, friends and carers who need someone to talk to and to pray with:
Contact John Nicholson
john.nicholson@cpft.nhs.uk
07974 260074

Wednesday at 4pm MINDFULNESS: Guided Meditation

Time set aside for some self-care, whoever you are – if you're a part of the CPFT family, or from amongst its partners -a chance to sit down for a guided meditation.
Suitable for all-comers, of any experience or none.
Meeting ID 959 3254 3530
Password 2468

Friday at 4pm Hospital Coffee Chat

A group for people in hospital care that enjoy a little, gentle social conversation with others in the same situation.
Contact John Nicholson
john.nicholson@cpft.nhs.uk
07974 260074

Tuesday at 4pm Gentle Conversation

A friendship group for people that enjoy a little, gentle social conversation with others in the mental health community.
Contact John Nicholson
john.nicholson@cpft.nhs.uk
07974 260074

Thursday at 4pm World of Faith

This is a space for sharing the beliefs and practices that are sacred to you, that give your life a sense of meaning, and that support you in seeking health and wholeness. Our aim is to learn from and encourage one another, and to reflect together with kindness and mutual respect.
Meeting ID: 916 1558 4440
Passcode: 54321

Heart and Soul on Sunday

Heartfelt and Soulful reflections on a theme to do with life's journey.
Meeting ID 944 4932 3656
Password [if required] 12345