



For better  
mental health

Mind in Enfield

# 2011 Courses

## *Fun with writing*

Starts:

10.30<sup>am</sup> to 12.30<sup>pm</sup>

Monday 26 September 2011

for 10 weeks at  
Mind in Enfield



All courses  
are £2.00  
per session

To book or for  
more information  
please call 020  
8887 1484

## Confidence Building

Starts

10.00<sup>am</sup> to 12.30<sup>pm</sup>

Weds. 28 September 2011

for 10 weeks at  
Mind in Enfield



## *Art*



Starts

6.30<sup>pm</sup> to 8.30<sup>pm</sup>

Thursday 3 November 2011

for 10 weeks at the  
Mind Centre

Funded by



Enfield Community Learning Service

### Mind in Enfield

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[www.mind-in-enfield.org.uk](http://www.mind-in-enfield.org.uk)

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