

Upcoming Family, Friends and Carers events

Cygnnet Woking are excited to announce the Family,
Friends and Carers events scheduled for 2022 over zoom :

Thursday

13 January @18:00

Speaker:
Courtney Greene-
Importance of routine
in recovery

Thursday

10 February @18:00

Speaker:
Dr Glenn Cornish
Medication
compliance

Thursday

10 March @18:00

Speaker:
Athene Baiete-Coker
Physical health in
mental wellbeing

Thursday

7 April @18:00

Speaker:
Dr Charlotte Keeling
Mindfulness

Thursday

12 May @18:00

Speaker:
Dr Hashim Zainy
Anxiety Disorders

Thursday

9 June @18:00

Speaker:
Dr Dumindu Witharana
Depression

Thursday

7 July @18:00

Speaker:
Dr Richard Church
Schizophrenia and
Psychosis

Thursday

11 August @18:00

Speaker:
Courtney Greene
Sensory Awareness

Thursday

**8 September
@18:00**

Speaker:
Dr Sree
A-Z of Mental Health

Thursday

6 October @18:00

Speaker:
Stellah Tafirenyika
Recovery Triangle

Thursday

3 November@18:00

Speaker:
Dr Glenn Cornish
Medication
compliance

Thursday

8 December@18:00

Speaker:
Athene Baiete-Coker
Physical health in
mental wellbeing

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