

# Carlisle Eden Mind Wellbeing Groups - March 2025

[www.cemind.org](http://www.cemind.org)

## Breathing Space - Friendship Groups

### Carlisle

Every Friday from 11am until 1pm

1 Victoria Place, Carlisle, CA1 1EJ - Please Contact Our Groups Facilitator Lisa to enquire about attending our Carlisle Breathing Space.

### Currock Community Center - Breathing Space

Every Thursday from 10.30am until 12 Noon

Lediard Ave, Currock, Carlisle, CA2 4BS

Drop in Session

### Appleby (includes mindful walk and talk)

March 4th Tuesday - 12noon until 2.30pm

Appleby Hub, Chapel Street, Appleby, CA16 6QR

Drop in Session

### Penrith

March 11th Tuesday - 10am until 11.30am

Cafe 4Eden, St Andrews Parish, Penrith, CA11 7XX

Drop in Session

## Creative Club

### Next Club Friday 21st March

Every 4 wks from 6pm to 8pm

1 Victoria Place, Carlisle, CA1 1EJ

Bookable via EventBrite - Search Carlisle Eden Mind for future dates and to book on EventBrite

## ADHD Group

### March 18th from 3.30pm to 5pm

1 Victoria Place, Carlisle, CA1 1EJ

Drop in Session

## Silent Footprints

Every 2nd Wednesday of the Month  
(12th March next Group)

Pregnancy and infant loss support group learn more at  
[www.silentfootprintsfoundation.org](http://www.silentfootprintsfoundation.org)

1 Victoria Place, Carlisle, CA1 1EJ

Drop in Session

To enquire about our Carlisle Breathing Space or any of our groups please contact Lisa our Groups Facilitator:  
Call: 07474582568  
or Email:  
[lisa.anderson@cemind.org](mailto:lisa.anderson@cemind.org)

We care about hearing your thoughts, so we can improve what we do and fight for mental health, together.

Scan the QR code with your phone camera to anonymously share your thoughts about Carlisle Eden Mind groups

Thank you for your feedback



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Carlisle Eden