

Talk It Out Affordable Counselling Service

From January 2024 Timetable

Wellbeing Centre	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bishop's Stortford					09:15	
					10:20	
					11:30	
Borehamwood	11:00			10:30		
	12:00			11:30		
	13:00			12:30		
Letchworth	12:30				16:00	09:30
	13:45				17:00	10:30
	15:00				18:10	11:30
Hemel Hempstead	09:00					
	10:15					
	11:30					
	13:30					
	14:45					
	16:00					
	18:00					
19:00						
Waltham Cross				10:15		
				11:30		
				12:45		
Ware	12:00				10:00	
	13:00				11:00	
	14:00				12:00	
Watford	16:00			18:30	16:00	10:00
	17:00			19:30	17:15	11:15
	18:00				18:30	12:30
Remote	10:00	13:30	09:30	19:00		
	11:00	14:45	11:00			
	12:00	16:00				
	15:00					
	16:00					