



JAM GROUP

STIRLING MENTAL HEALTH RESOURCE CENTRE

Drip Road
Stirling
FK8 1RW
Tel: 01786 446913

Resource Centre Referral Criteria:

The Maintenance Team offers treatment for people who have been assessed and meet our criteria for a severe and enduring mental health problem which can be treated within our group programme.

Please note: to access the day hospital and the treatment programme a referral needs to be made via any of the referring agents on our service profile.



What's the group about?

The aim of the group is to provide a forum where you can enjoy learning a musical instrument or simply enjoy listen to music and discussing music in a friendly, sociable environment

The objectives of the group are;

- . To learn to play music instrument
- . To develop leisure interest
- . To socially I interact in safe environment



The Jam Group meets on a tuesday afternoon at 2.45pm-3.45pm at the resource centre day. All group members if possible to bring their guitars or own instrument, the day hospital does have a few guitars although are limited due to group numbers.