

Recovery Group



This is for people who have already undertaken some clear steps to work towards their recovery: for instance, in a Coping with Life Course, or through Counselling or other Talking Therapies, and now require a short period (up to 6 months) of support and consolidation of their progress in a small (about 8 members) mutually supportive group environment. The group meets Thursday afternoons in Dartford.

To access the recovery Group ring the office **01322 291380** or [contact us](#)