

ONLINE PEER SUPPORT ACTIVITY GROUP



A friendly and relaxed space for adults with mental health issues to connect with others, while engaging in a range of activities, such as quizzes, bingo, poetry, gentle exercise, games, art etc. (I.T support for Zoom is available).

ONLINE - VIA ZOOM
THURSDAY MORNINGS 10:30-11:30

For further information, please contact:

NORTH KENT MIND

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admin@northkentmind.co.uk

(online registration is available via www.northkentmind.co.uk)



Registered Charity No.1103790