

# ONLINE PEER SUPPORT FRIENDSHIP GROUP



Our Saturday Friendship Group offers peer support for individuals who have mental health issues. The group provides a safe space (via Zoom) to connect with others through conversation, mindful activities and shared interests.

**ONLINE - VIA ZOOM**  
**SATURDAY MORNINGS 10:30-11:30AM**

For further information, please contact:

**NORTH KENT MIND**  
01322 291380 or email  
[juliemoss@northkentmind.co.uk](mailto:juliemoss@northkentmind.co.uk)

Online registration is also available via  
<https://northkentmind.co.uk/friendship-group/>



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