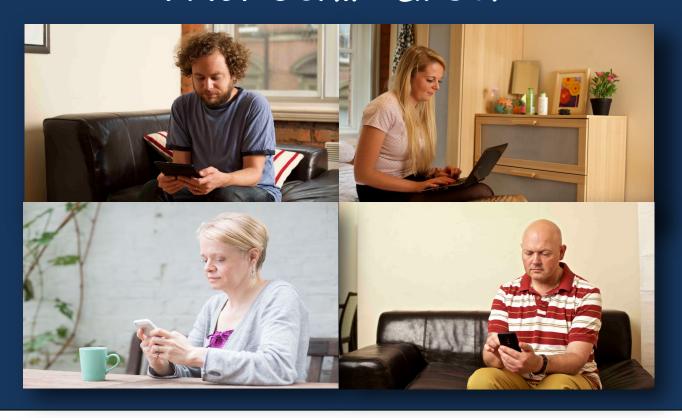
ONLINE PEER SUPPORT FRIENDSHIP GROUP



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

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

