

ONLINE PEER SUPPORT MEN'S GROUP



Our Men's 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
Tuesday Evenings 6.00pm—7.30pm

For further information, please contact:

NORTH KENT MIND

01322 291380

admin@northkentmind.co.uk

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



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