

ONLINE TIME FOR CHANGE GROUP



The Time for Change Group enables people to look at past and present experiences and their habitual thoughts and behaviour in order to learn how to move forward. Participants have a variety of long-term diagnoses but all share a desire for genuine change.

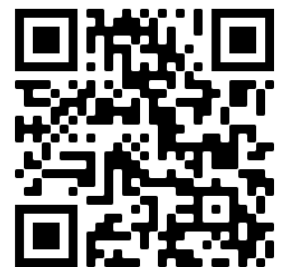
(IT support for Zoom is available)

ONLINE - VIA ZOOM
MONDAY AFTERNOONS 2PM-4PM

For further information, please contact:

NORTH KENT MIND
01322 291380 or email
admin@northkentmind.co.uk

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



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