

# ONLINE PEER SUPPORT MEN'S GROUP



Men's Group offers peer support for individuals over 25 who have a mental health issue. The group provides a safe space (currently via Zoom) to connect with others via a variety of activities, conversations and shared interests.

**CURRENTLY ONLINE - VIA ZOOM  
EVERY WEDNESDAY BETWEEN 18:00-19:30**

For further information, please contact:

**NORTH KENT MIND**

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 **mind North Kent**

Registered Charity No.1103790

