

# Dartford Activity Sessions



North Kent Mind run various activity sessions to help promote inclusion and challenge stigma. Scheduled activities include crafts and art, physical activities such as Tai Chi. Social skills enhanced, developing confidence, recovery based activities and integrating with the community.

**SESSIONS EVERY TUESDAY  
11:00-2:00PM  
\*PRIOR REGISTRATION IS REQUIRED\***

For further information, please contact:

**NORTH KENT MIND  
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 **mind** North Kent

**Live well**   
Community wellbeing

Registered Charity No.1103790