

# Gravesend Social Skills Sessions



North Kent Mind run a weekly Gravesend peer led session, (for those who live within the Dartford, Gravesham and Swanley areas) where you will be supporting the process and talking about Mental Health issues via an open discussion's and weekly group engagement .

**SESSIONS EVERY MONDAY  
11:00-13:30PM  
\*PRIOR REGISTRATION IS REQUIRED\***

For further information, please contact:

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

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Community wellbeing

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