

Medway Social Skills Open Sessions



A weekly online group (via Zoom) to provide engagement for the socially isolated; a good entry-route into in-person services. This is a peer-support group aimed at improving confidence, making connections, and having fun.

EVERY SATURDAY (VIA ZOOM)
10:00-12:00
PRIOR REGISTRATION IS REQUIRED

For further information, please contact:

NORTH KENT MIND
01322 291380

RuthDalton@northkentmind.co.uk



 **mind** North Kent

Live well
Kent and Medway

Registered Charity No.1103790