

Medway Activity Sessions



Our activities sessions are to promote inclusion and challenge stigma for anyone with mental health or a lived experience. The groups include Music, arts and crafts where we have made things such as worry boxes, and enjoyed painting and we have also enjoyed Coffee and cake mornings and board games. Our aim is to help with people's confidence and recovery and encourage people to take that step to improve their social skills and be able to integrate into the community.

**SESSIONS EVERY WEDNESDAY
10:30-12:30PM
*PRIOR REGISTRATION IS REQUIRED***

For further information, please contact:

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

Live well
Kent and Medway

Registered Charity No.1103790