



Loneliness & Depression can affect "Anyone!"

Do you suffer from Mental Health problems?

Do you live in the Dover area?

Join us at the Dover Peer Support Group.

We are looking for people to get involved in a new Community project.

This is an opportunity to make new friends, share experiences,
Help others and yourself!

What is Peer Support?

Peer support is when people share knowledge, emotional and social experiences
and practical help with each other.

Peer support offers an opportunity to make new friends in our informal group
meetings.

Peer Support Drop-Ins

We will be holding "Tea and Chat" drop-in sessions at The
Charlton Shopping Centre Cafe, High Street, Dover CT16
1DL on the second Friday of every month starting on
14th October 2016 1pm-3pm.

Feel free to come along to find out more about what we can do for you
and to sign up to this new project!

For more information please contact John at SpeakUpCIC
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