

Monday, Online
1.30pm-3.00pm

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SUPPORT
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Depression & Anxiety Support

Our Depression & Anxiety Support Group offers a safe, welcoming space to connect with others who may be experiencing similar challenges.

Each session is structured and supportive, with time for check-ins and open discussion focused on wellbeing, coping strategies, and shared experiences, guided by what participants bring to the session.

You're not alone - join us in a space with no pressure, no judgement, and support at your own pace.



catalystsupport.org.uk/activity-timetable/



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