

Online
Mondays,
6pm-8pm


Supporting Mental Wellbeing 23+

Designed for adults aged 23 and over, this peer-support group provides a safe and welcoming space to talk about mental health challenges with others who may be experiencing similar situations. It offers an opportunity to share experiences, listen to others, and build meaningful connections with people who understand what you're going through.

Scan the QR code or visit the website below to view our group timetable for up to date times and locations.

 catalystsupport.org.uk/activity-timetable/

 groups.cc@catalystsupport.org.uk

 01276 409 415

 07919 541 424

