

HAND IN HAND

Peer Support Group for mental health and wellbeing



Are you feeling...

Lonely? Anxious? Unsupported?

Don't suffer alone – we can help each other.

Hand In Hand offers:

- A friendly, informal support group
- The chance to meet people with similar experiences
- Non-judgemental understanding and support
- Opportunity to try new activities and have some fun

Every Wednesday, 1.00-2.30pm

Starts 4th
January 2017

1st and 3rd Wednesday
of the month at:



Townhill Park Community
Centre, Meggeson Avenue
SO18 2FH

2nd and 4th Wednesday
of the month at:



Harefield Hub
47 Melchet Road
SO18 5GW

Suggested donation of £1 per session towards refreshments & activities

For more information either:
call 02382 027810,
text 07459 390929 or email
SidebySide@solentmind.org.uk



These sessions are run by and for people with mental health issues. Solent Mind run a number of peer-led groups and activities. For more information please contact us or visit www.SolentMind.org.uk