



MEGAN CIC

18+ years and if you have a diagnosis or traits of a Personality Disorder
01634 402077 or enquiries@megancic.org.uk

A weekly Personality Disorder Peer Support group is held in Gravesend. It runs for two hours and is facilitated by peers. Everyone gets the opportunity to check in, to discuss how you have been feeling and your personal experiences of services. People often share their coping strategies and peer support is offered.

www.megancic.org.uk

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