

North Kent Mind Wellbeing Services

Age 17+

01322 291380 or admin@northkentmind.co.uk

A wide range of wellbeing services are available using venues in Dartford, Gravesend or Swanley. Services include:

- Open activity sessions
- Coping With Life courses
- Mindfulness courses
- Recovery group
- Ecology Island Conservation project
- Friendship group
- The Circle women's project
- Men's group
- Time for Change group
- Drama group