

East Kent Mind

Age 17+

We offer a variety of weekly virtual structured social support groups which facilitate recovery, social inclusion and personal achievement.

Our weekly online groups include:

- A women's group
- Mindfulness
- A men's group
- A goal setting group
- Creative writing
- Make, Mend and Motivate workshop
- Young persons group for those aged 18-28
- Stress and anxiety courses
- Helping Hands – for parents in lockdown
- Positivity course
- Peer support – let it out
- Move Your Mood exercise group
- Tai chi, pilates and yoga
- Relaxation techniques
- Wellbeing workshops

Please contact us at Info@eastkentmind.org.uk

The Wellbeing line 0203 912 0032 is open Monday - Friday 2pm-5pm and Sunday 6pm-10pm

eastkentmind.org.uk