



ASHFORD MANAGING DEPRESSION

Join people with similar experiences where we offer a safe space to vent and offload the stresses of life, learn new ways of coping/managing and find things in common with other people. There is no pressure to talk when you join the group; you can just meet, have a cup of tea and be around others.

The group runs on Fridays at 12am-2pm
OneYou Shop, Unit 25, Park Mall Shopping Centre, Ashford

For any further information, please feel free to get in contact using the details here or use the contact form on our website.

A place of positivity

Get support, advice and have fun

Regular attendance welcome

FREE to attend

