



FOLKESTONE 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.

We meet at The Community Room 19, The Bayle
on Mondays at 6pm

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

For ages 16+

FREE to
attend

