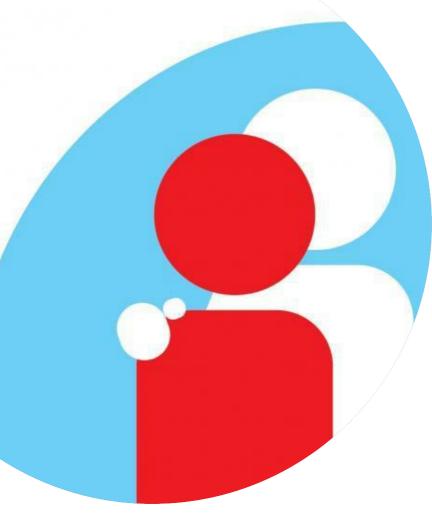


## A peer support group

## Gillingham & Shaftesbury

## Carers Support Group

We are a voluntary led peer support group for family and friends of those affected by mental illness.



## 2nd & 4th Wednesdays 10:00am until 12:00pm

We are looking for new members so please come and see what we are all about on Wednesday 8th November 2023 in Gillingham.

Please find us on:

**2nd Wed of every month at** Gillingham Community Church, Wessex House, 8 High Street, SP8 4AG.

**4th Wed of every month at** Father's House, Christy's Lane, Shaftesbury, SP7 8PH

For more details please email: ndorsetcarersgroup@rethink.org

rethink.org

