



Rethink
Mental
Illness.

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

