Rethink Mental Illness



Canterbury and Coastal Rethink Carers Support Group

Join our welcoming and confidential friendly group for an opportunity to connect with others who understand.

We provide a safe, non-judgmental environment of peer support and shared experiences. A space to talk, listen, and feel heard.

For more information, please reach out to us.

How to find us

When: The Group meets on the third Tuesday of every month except August, from 7.30pm - 9.30pm

Where: St Stephens Community Centre, Tenterden Drive, Hales Place, Canterbury, Kent, CT2 7BN

Contact us

Email: cccarergroup@gmail.com

Phone: 07498 930475

rethink.org

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