

A peer support  
group for those  
affected by mental  
illness



## Belper Rethink on Saturdays (BROS)

We are a friendly group that meet monthly. We offer a safe and relaxed space for people with, or caring for someone with mental illness to come together to socialise and offer encouragement to one another.

We never put pressure on anyone to share, we just offer space for people to do so freely and without judgement so our members feel less isolated and more supported.

**New members are warmly welcomed.**

**rethink.org**

### **How to find us**

Belper Library  
Derwent Street, Belper  
Derbyshire, DE56 1UQ

### **On the first Saturday of each month at 1.00pm - 3.00pm**

Refreshments and food  
are available to purchase  
at the Library Café until  
2.00pm.

**Contact John for more  
details: [bros@rethink.org](mailto:bros@rethink.org)**

