



**Mental Health Peer Support in
Dartford, Gravesham & Swanley (DGS)
For anyone aged 17+**

Social & Emotional Wellbeing Group	Join us for a coffee, chat and activities including mindful colouring, diamond art and more Every week on a Monday at 10:30am-12pm in the Asda Community Room in Gravesend
Toolkit Programme	12-week programme to learn, share and discuss topics, tools and coping strategies Contact us for further information or to book your place
Mental Health User Voice Project	If you would like to share your experiences and feedback about local mental health services, please email: feedback@megancic.org.uk Your feedback will be shared anonymously with the aim of improving the support that is available.

If you would like more information, please contact us on:

Tel: 01634 402077 or Email: enquiries@megancic.org.uk

Website: www.megancic.org.uk

Facebook: MEGAN CIC Twitter: @MeganCic

Instagram: [megan_cic](https://www.instagram.com/megan_cic)



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