

Want to meet people with similar mental health experiences?



Join our new peer support group, held every Wednesday evening in Coventry.

Peer support groups are a way to connect with others who have similar experiences with mental health, it can be used to boost your mental health and it can be used to access the community. Meeting other people with similar experience improves confidence and to realise one is not alone.



Every Wednesday from 7 February, 6:30pm–8:30pm
Wellington Gardens, Windsor St, Coventry CV1 3BT

For more information about the group or our service, scan the QR code below or visit cwsafehaven.org.uk. Alternatively, contact our team at support@cwsafehaven.org.uk or (024) 7601 7200 (open 6pm–11pm).



 **mind**
Coventry and
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