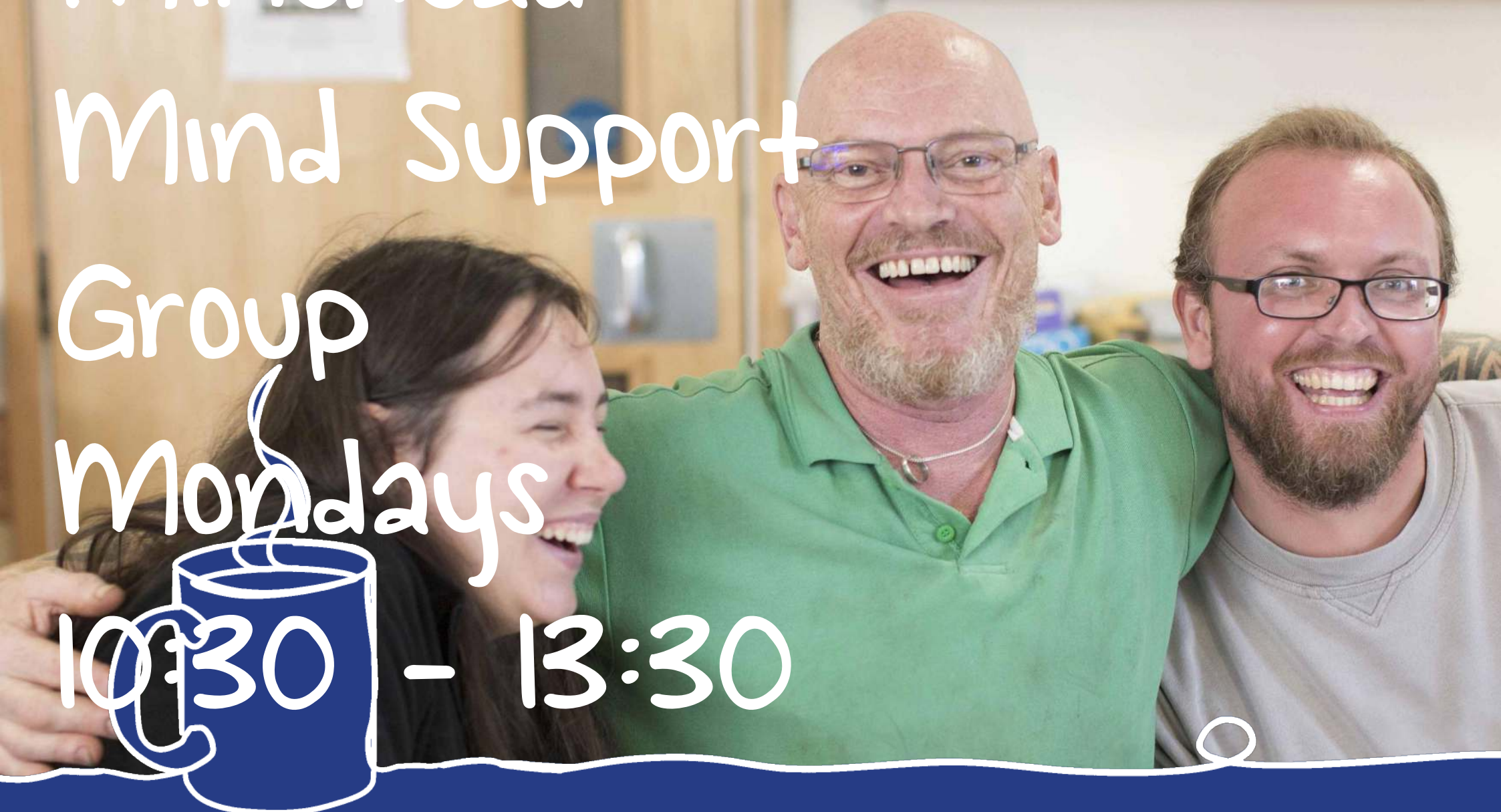


Minehead Mind Support Group Mondays 10:30 - 13:30



We are a friendly confidential, mutual aid group where we are here to support each other. We are a non-judgmental group and we offer a stigma-free space.

10:30 - 12:00 Coffee and Chat
12:00 - 13:30 Wellbeing Activities,
starting with new age curling

For more information:
sue.lang@mindinsomerset.org.uk

Registered charity no. 219830

We encourage active participation but understand it can be nerve wracking.

Share what is comfortable

We are kind and respectful of other people and treat people the way we would like to be treated.

