

Mental Health Peer Support Groups

STURMINSTER NEWTON

The Cafe,
Stour Connect,
Stour View Close,
DT10 1JF

on 2nd Monday of the month
2 pm - 4 pm

SHAFTESBURY

The Royal British Legion Hall,
Coppice Street,
Shaftesbury,
SP7 8PD

on 1st Thursday of the month
2 pm - 4 pm

The King's Arms,
Shaftesbury,
SP7 8JZ

on 3rd Thursday of the month
2 pm - 4 pm

During the summer the 3rd Thursday Group
meets outside near (or in if wet),

The Silver Band Hall,
Bleke Street,
Shaftesbury,
SP7 8QA

GILLINGHAM

The Royal British Legion Club,
School Lane,
Gillingham,
SP8 4QW

on 2nd and 4th Thursdays of the month
2 pm - 4 pm

Mental Health North ♥ Dorset Help & Peer Support

AND OVER THE BORDER IN WILTSHIRE AND SOMERSET

**Regular Peer Support Groups in Shaftesbury,
Gillingham & Sturminster Newton**

All (over 16s) welcome.

Any diagnosis (or none).

**Visit our website for details of the Groups,
news & signposting to local &
national services & resources**

mentalhealthnd.org

Or contact

mentalhealthshaft2520@gmail.com

or

07749 062 327 for more details.

