



If you are interested in joining the group, please contact Jackie Smith on 07710 117 839 or email at: [jackiesuzanne.smith@slam.nhs.uk](mailto:jackiesuzanne.smith@slam.nhs.uk)

Where: Vocational Services  
3-6 Beale House  
Lingham Street  
Stockwell SW9 9HG

When: Every fortnight on  
Thursdays starting from  
12<sup>th</sup> January

Time: 1:15 – 3:15pm

**EVERY FORTNIGHT**  
**Starting 12<sup>th</sup>**  
**January**

# **WOMEN'S PEER SUPPORT GROUP**

*COME AND JOIN US!*

Our women's peer support group has been created to support and empower women who have experience of mental health issues. This group provides a friendly, safe and relaxed atmosphere for women to share, learn, gain strength and get support within the company of other women, all of whom have experience of mental health issues. Groups are based around activities, information, discussion, hope and support.

The Women's Peer Support Group is facilitated by experienced volunteers with lived experience of mental health issues and a passion for supporting other women.

The group is free to attend and refreshments are provided.