



Colne Road, Glusburn, BD20 8FQ



# Craven Connect

One-to-one and group **Peer Support**

**Need support with your mental health and wellbeing?**

Our Peer Support Worker, Lauren, is here to offer 1-1 sessions as well as an 8-week peer support group starting **Friday 11th October, 2.30 pm – 4.30 pm.**

Together, we will cover topics such as:

- Building confidence and resilience
- Positive coping mechanisms
- Establishing social networks

**To enquire or book a place:**

Call **01535 630 223** or email **info@gicac.org.uk**

Provided by:

