



Mendip Recovery & Wellbeing Groups

These online sessions are available to anyone over 18 and living in Mendip Somerset and provide a relaxed, safe and supportive environment to explore ways to stay well. Each session will include information on specific topics, time for discussion relating to the topics covered and more generally an opportunity to meet and speak with others in the community.

Managing Stress and Anxiety

Mondays: 10.30 am to 12.30 pm

How to Support Your Own Wellbeing

Mondays: 2 pm to 4 pm

Coping with Change

Wednesday: 10.30am to 12.30pm

Shared Reading & Self-Care

Tuesdays 2pm – 3.30pm

For more information and
to sign up click here

mindinsomerset.org.uk
Registered charity no. 1109525

 mind
for better mental health

in Somerset