

Peer Support Group in Colwyn Bay

Journeys is running a Peer Support Group in Colwyn Bay for people affected by depression, their friends and families.

**Hafal,
5 Rhiw Road,
Colwyn Bay
LL29 7TF**

Every other Wednesday
starting 8th February 2017
1.00pm to 3.00pm

For further information
or if you are interested in
attending contact:
Ivama: 07854811307



Journeys, a Gofal project:



02920 692891



JourneysInfo@gofal.org.uk



www.gofal.org.uk/journeys

Peer support groups provide a safe environment where people can share experiences and coping strategies, get and give support, learn about depression and explore self-help/self management



Journeys is a project of Gofal, a Welsh mental health and wellbeing charity.
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