

Peer Support Group in Llandudno

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

**Cysgod Y Gogarth,
Trinity Avenue,
Llandudno,
LL30 2TN**

Every other Friday starting
13th January 2017
1.00pm to 3.00pm

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

Ivama: 07854811307
or Nerys: 07733916255



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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