

MIND MATTERS



SUPPORTING PEOPLE TO GAIN MENTAL AND EMOTIONAL WELLNESS

A self help group for those struggling with depression, anxiety, grief, anger, emotional pain, lack of enthusiasm or joy of life.

Also supporting those who care for loved ones experiencing these conditions. Our programme provides tools and strategies to help to make life worth living again.

Everyone and anyone welcome!

**Come and join us
at The Bunker, 45 River St, Maitaura
Fridays 10.30—11.30am.**

**For more information
please contact
Eleanor 027 379 8442
John 021 231 3740**