**#SUPPORT**

**A group for family, friends & carers who are supporting loved**

 **ones who are affected by mental illness.**

**Sharing ideas**

**Information & guidance**

**Relaxed & friendly**

 **Atmosphere**

**Making connections & building friendships and trust**

**You are not alone**

**Local group**

**Non judgemental**

**Help & advice**

** Please come along and share ideas, experiences & support others that are in need or just sit back, enjoy a coffee and relax in a safe and friendly space.**

**DATES – Tuesday 11th June – Wednesday 10th July – Tuesday 13th August Wednesday 11th September**

**TIME – Drop in any time between 7pm and 9pm**

**PLACE –Utopia coffee lounge**

**Unit 2 The Royals, Heygate Ave, Southend –on-sea SS1 1DQ**

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