

NEW!

Peer Support Groups

Feeling stressed, anxious, lonely, or just a little unsettled?

Come and join us!! Spend time with people you can relate to, have a load of fun, and feel free to share experiences around emotional and mental health.

We're here so you can be there for each other!



Twickenham (age 18-25): 1st Tuesday of the month, starts 7th Feb at St Mary's University, 7-8pm

Hampton (age 14-16): 2nd Thursday of the month, starts Thursday 9th Feb at Hampton Youth Project, 5-6pm

Richmond (age 16-18): 3rd Wednesday of the month, starts Wednesday 15th Feb at Richmond Library Annexe, 5-6pm

Mortlake (age 14-16): last Monday of the month, starts Monday 27th Feb at Mortlake Powerstation, 7-8pm

If you'd like more information, contact Esther Rich (Youth Wellbeing Coordinator) at:

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