



PSG

Peer Support Group

Are you having a difficult time or experiencing challenges that you are struggling to understand and cope with?

Do you want to support friends by learning about physical and emotional wellbeing in a relaxed and open environment?

- 11-19 years old (up to 25 with SEN)
- 1-2-1 support
- Group work
- Reduce worries
- Build a healthy mind and lifestyle

Weekly sessions
on Tuesday 4-6pm

The Vibe Youth Centre,
195-211 Becontree Ave,
RM8 2UT

Contact:

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