



**Member-led Charity
offering
Training, mentoring and
support**

CREATIVE OPTIONS

COMMUNITY PROJECT
Registered charity no. 1169194

Women's support group for Mental health

Open to all -

**People with lived experience of mental
health issues—(whether ongoing or newly
diagnosed)**

**and anyone who is seeking emotional and psychological
support is most welcome,
together with carers, relatives and friends**



**Monthly group held
On the 1st Thursday in every month
at 2.30 p.m.—4.00 p.m.**

**Confidential group offering time to share informally
together with some structured discussion on topics
relevant to the group.**

**Central Baptist Church, Devonshire Road,
Polygon SO15 2GY**



**£1.50 towards room hire,
Includes tea and biscuits/cake**