

Just turn up at 7.30pm.....no need to book and it's free

"People start to heal the moment they feel heard"
Cheryl Robinson 2008

SKIPTON

PeerTalk®



**Peer Support Group
for those living with
depression, anxiety
or other distress**



PeerTalk®

Find out more at:

- 📞 07719 562 617
- 🌐 peertalk.org.uk
- ✉ enquiries@peertalk.org.uk
- 🐦 @peer_talk
- 📘 @peertalk1
- 📷 [peertalkcharity](https://www.instagram.com/peertalkcharity)

EVERY MONDAY 7.30pm – 9.00pm

The Hub,
Skipton Town Hall,
High Street,
Skipton, BD23 1AH.

