

FRIENDS & FAMILY GROUP!

WE'RE BACK!!!



GROUPS WILL TAKE PLACE ON THE LAST THURSDAY OF EVERY MONTH. CURRENTLY BEING HELD VIRTUALLY



Schedule

GROUP 1

MY RECOVERY JOURNEY AND INTRODUCTION TO USING REFLECTION TOOLS
A LOOK AT ONE PEER MENTOR'S JOURNEY THROUGH RECOVERY.

DATE 24TH SEPTEMBER 2020

TIME 10:30 -11:30AM

VENUE – MICROSOFT TEAMS

GROUP 2

SELF-CARE AND EMPOWERMENT
LOOKING INTO THE IMPORTANCE OF FEELING EMPOWERED

DATE 29TH OCTOBER 2020

TIME 6:30-7:30PM

VENUE – MICROSOFT TEAMS

GROUP 3

SELF-CONFIDENCE AND A SENSE OF PURPOSE
A PEER MENTOR'S JOURNEY ON REGAINING THEIR PURPOSE.

DATE 26TH NOVEMBER 2020

TIME 10:30-11:30AM

VENUE – MICROSOFT TEAMS

GROUP 4

FRIENDS & FAMILY FESTIVE DROP IN

DATE 17TH DECEMBER 2020

TIME 6:30-7:30PM

VENUE – MICROSOFT TEAMS

GROUP 5

THE IMPORTANCE OF VALIDATION AND BEING ASKED

HOW WE COMMUNICATE WITH EACH OTHER

DATE 28TH JANUARY 2021

TIME 10:30-11:30AM

VENUE – MICROSOFT TEAMS

LINKS FOR THE VIRTUAL MEETINGS WILL BE SENT OUT THE WEEK OF THE GROUP. REGISTER YOUR INTEREST BY EMAILING -
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