

**Bromley Well**

# Ways to Wellbeing: Peer Support Group



**Bromley Well** would like to invite you to attend our new mental Wellbeing peer support group. Take the opportunity over six sessions to meet new people with similar experiences, sharing and exploring common difficulties such as depression, stress, anxiety and social isolation. Make new friends and learn practical techniques to help manage and maintain your own wellbeing. The programme includes discussion and information on the following:

**Support includes assistance with:**

- Stress, Anxiety, Depression
- Relationships and Social Anxiety
- Self-Esteem and Assertiveness
- Motivation
- Mindfulness and Relaxation
- Coping Strategies and maintaining wellbeing

**27th November 1.30pm- 3.45pm**

**30th November 10.30am – 12.45pm**

**4th December 1.30pm – 3.45pm**

**7th December 10.30am – 12.45pm**

**11th December 1pm – 5pm**

**Beckenham Centre, 20b Hayne Road  
Beckenham, BR3 4HY**



If you would like to join Bromley Well please call or email the **Single Point of Access** on **0300 3309 039** or email **spa@bromleywell.org.uk**  
**www.bromleywell.org.uk**

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