

Course/Group title: She Group

Description of the course (including the number of sessions)

A self help group funded by Dora. Meeting in Eckington. Social activities and outings.

Dates & times

Monday 10.00 – 12.00

Venue

Eckington Library.

Benefits of attending the course

Socialising with others and opportunity to go to places of interest.

Available to :

Service Users

How to book a place:

Discuss with your mental health worker/Dora to make an appointment.

To be included in which section :

Staying Well.



@derbyshcft



DHCFT

www.derbyshirehealthcareft.nhs.uk



*Better
together*