

Neetside Community Centre Bude



Peer Recovery Groups

Our Peer Recovery Groups are for anyone wanting to improve their mental health and wellbeing.

They provide a safe space for people to share, understand and benefit from peer support.

It's an ongoing group with opportunity to learn new skills, take part in wellbeing activities and connect with others.

It can really help to know you're not alone in how you're feeling.

You'll learn how to build resilience so that you're better prepared to deal with everyday life.

This can help you stay well and feel good about yourself.

The groups run in various locations across Cornwall.

Bude Wednesday 10-12

Complete the referral form on our website

cornwallmind.org
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01208 892 855



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