

BUCKIE WELLBEING PEER SUPPORT GROUP

Are you feeling lost, alone, isolated or just looking for friends to share ideas with?

Are you 18 and over, and have suffered / are suffering from mental illness, physical illness or both? There's no need to be on your own.

Join us on the first Monday of each month to make new friends, grow your circle of support, talk to others in confidence, and find out about the help and support available in Buckie.

Come along for a chat, a cup of tea/coffee, a game of pool or just to share ideas!

19:00 - 21:00

FIRST MONDAY OF EACH MONTH

THE PHOENIX CENTRE

9 QUEEN STREET, BUCKIE,

AB56 1QJ

Group hosted by Moray Wellbeing Hub CIC
Leaflet supported by #YouChoose funding

Contact us for more information
on support and events local to you:

hello@moraywellbeinghub.org.uk
www.moraywellbeinghub.org.uk

Facebook: [moraywellbeinghub](https://www.facebook.com/moraywellbeinghub)
Twitter: [@moraywellbeinghub](https://twitter.com/moraywellbeinghub)

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