

HUNTINGDON RECOVERY STAR PEER SUPPORT GROUP

The Recovery Star is a visual tool that helps you look at where you are in terms of recovery. The Star encourages you to look at 10 core areas of your life, such as: Mental Health, Self Care, Living Skills, Social Networks, Work, Relationships, Addictive Behaviour, Responsibilities, Identity and Self Esteem, Trust and Hope

The Recovery Star Peer Support Group aims to sustain a support network for people who undertake the recovery star process and to encourage group members to build on emotional resources and achieve better mental health through peer support.

**Meets the 1st and 3rd Monday of the month
at Huntingdon Library, from 2:30pm—4:30pm**

**January 16th
February 6th and 20th
March 5th and 19th
April 2nd and 16th
May 7th and 21st
June 4th and 18th**

**July 2nd and 16th
August 6th and 20th
September 3rd and 17th
October 1st and 15th
November 5th and 19th
December 3rd and 19th**

To attend this group please contact a member of the project worker team
On: 01480 470480

Hunts Mind



For better
mental health

 Cambridgeshire
County Council

Hunts Mind has adopted Mind's values and principles and is committed to providing quality services that anticipate, meet and exceed the needs of service users, workers and other stakeholders.

Registered Charity No.1084452

Company No 3949645

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