

# ST IVES 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 fortnightly on Mondays  
at The Corn Exchange, St Ives from 12pm—2pm**

**January 9th and 23rd  
February 6th and 20th  
March 5th and 19th  
April 2nd, 16th and 30th  
May 14th and 28th  
June 11th and 25th**

**July 9th and 23rd  
August 6th and 20th  
September 3rd and 17th  
October 1st, 15th and 29th  
November 12th and 26th  
December 10th**

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

Hunts Mind



For better  
mental health

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.

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