

ST NEOTS 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 2nd and 4th Wednesday of the month
at The Limes, St Neots from 1pm—3pm**

January 11th and 25th

February 8th and 22nd

March 14th and 28th

April 11th and 25th

May 9th and 23rd

June 13th and 27th

July 11th and 25th

August 8th and 22nd

September 12th and 26th

October 10th and 24th

November 14th and 28th

December 12th

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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