

Just turn up at 7.30pm.....no need to book and it's free

"People start to heal the moment they feel heard"  
Cheryl Robinson 2008

BRADFORD

# PeerTalk®



**Peer Support Group  
for those living with  
depression, anxiety  
or other distress**



PeerTalk®

Find out more at:

- 📞 07719 562 617
- 🌐 [peertalk.org.uk](http://peertalk.org.uk)
- ✉ [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)
- 🐦 @peer\_talk
- 📘 @peertalk1
- 📷 [peertalkcharity](https://www.instagram.com/peertalkcharity)

**EVERY THURSDAY 7.30pm – 9.00pm**

Aldersgate Methodist Church  
Common Road  
Low Moor  
Bradford BD12 0TW.

