

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

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

PRESTON

PeerTalk®



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



PeerTalk®

Find out more at:

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

EVERY THURSDAY 11^{am}-12.30^{pm}

The Intact Centre, 49 Whitby Avenue,
Ingol, Preston PR2 3YP.

EVERY THURSDAY 7.30^{pm}-9^{pm}

Central Methodist Church,
Lune Street, Preston PR1 2NL.

