

Just turn up at 6.30pm.....no need to book and it's free



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

SUNDERLAND

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
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- 📘 @peertalk1
- 📷 [peertalkcharity](https://www.instagram.com/peertalkcharity)

EVERY TUESDAY 6.30^{pm} – 8.30^{pm}

CitySpace,
3 Chester Road,
Sunderland,
SR1 3SD.

