

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

TYNE & WEAR



PeerTalk[®]

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

EVERY MONDAY 7.00^{pm} – 8.30^{pm}

Bensham Grove, Community Centre,
Sidney Grove, Bensham, Gateshead NE8 2XD.

EVERY TUESDAY 6.30^{pm} – 8.00^{pm}

City Space, 3 Chester Rd, Sunderland SR1 3SD.

EVERY WEDNESDAY 11.00^{am} – 12.30^{pm}

Meadow Well Connected, Waterville Rd, Nth Shields, NE29 6BA.

EVERY WEDNESDAY 7.00^{pm} – 8.30^{pm}

The Big Local, 158 Whitley Road, Whitley Bay, NE26 2LY.



Find out more at:

 07719 562 617

 peertalk.org.uk

 enquiries@peertalk.org.uk

 @peer_talk

 @peertalk1

 [peertalkcharity](https://www.instagram.com/peertalkcharity)

The PeerTalk Charitable Foundation, registered charity no.1169830.