

**Crowborough Social Health Support
Groups - Tuesday (2-4pm) &
Thursdays (12-4pm)
Crowborough Community Centre**

This group in Crowborough that meets on a Tuesday is aimed at people experiencing Life's Challenges, such as anxiety and depression.

Please join us for a coffee and chat in a friendly, informal and supportive environment.

We would like this to be your group so please come along and tell us what you'd like to see from such a service.

Please also contact us if you would like to be a volunteer

For more information please call

01825 766528 or email

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