**K**ind **M**ind Community

your south tyneside recovery college

**K**ind **M**ind is a community of like-minded people sharing their journey through recovery

We offer **free** courses, groups and activities which

 **E**nable you to become an expert in your

 own self-care

 **R**ecognise and build on your strengths

 **C**onnect you with others

 **E**ncourage you to support your peers

 **H**elp you to make plans for a brighter future



 come along to one of our

 enrolment sessions and find

 out how easy it is to get started

 Friday 23rd August

 Friday 30th August

 Friday 6th September

 10am – 3pm at Action Station,

 Boldon Lane, South Shields

For more information please call 0191 427 0011

email: STRecoveryCollege@mentalhealthconcern.org