**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