



Are you caring for someone with mental health issues?

Our Mental Health Carers Group is a National Lottery Funded project that can help you. Come and meet people who have similar experiences to you, who can offer support, advice and friendship. We also provide professional support by linking with other organisations.

We meet at the William Sutton Memorial Hall, 31 Miles Mitchell Avenue, Crownhill, Plymouth PL6 5NL

Morning meetings

Are held on the second Thursday of the month from 10.30 - 12.30

2019 ~ 10th Jan ~ 14th Feb ~ 14th Mar ~ 11th Apr ~ 9th May ~ 13th Jun ~ 11th Jul ~ 8th Aug ~ 12th Sept ~ 10th Oct ~ 14th Nov ~ 12th Dec

Evening meetings

Are held on the fourth Tuesday of the month from 6-8pm

2019 ~ 22nd Jan ~ 26th Feb ~ 26th Mar ~ 23rd Apr ~ 28th May ~ 25th June ~ 23rd July ~ 27th Aug ~ 24th Sept ~ 22nd Oct ~ 26th Nov

For more information please contact the office



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